Enlightened Woman.

M. Elna W. Haverfield, M.D.

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ENLIGHTENED WOMAN,

BY

M. ELNA W. HAVERFIELD, M. D.

GRADUATE OF THE INDIANA MEDICAL COLLEGE;

ALSO AD EUNDEM DIPLOMA FROM THE COMBINED COLLEGE
OF THE INDIANA MEDICAL COLLEGE AND COLLEGE
OF PHYSICIANS AND SURGEONS, OF
INDIANAPOLIS;

STUDENT OF DR. C. W. GLEASON, OF PHILADELPHIA, IN
THE SPECIAL STUDY OF GYNECOLOGY AND
CHRONIC DISEASES;

THE ONLY LADY ORTHOPEDIC SURGEON;

ALSO, LECTURER ON DISEASES OF WOMEN AND CHILDREN.

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Every book is expected to be dedicated, prefaced introduced, remarked and apologized for "as a long-felt want." This, my *first born*, I present without any of the above etcætera. I have tried to make it practical and useful for women, avoiding theory and technical terms as much as possible. Hoping those, into whose hands it may fall, will find the aid they so much need; and, may it stimulate them on to higher and wider fields of investigation.

THE AUTHOR.

ERRATA.

In Index, Chapter VI., also page 54, read treatment *not* preventive.

In Index, Chapter VII., also page 65, read Sympathetic *not* Lympathic.

In Formulas, Scarlet Head should read Scald Head.

On page 49, read lime water, not *live* water.

On page 126. "Drop in blanket" should read wrap in blanket.

Page 144, Carbonate should read Carbonate of Potash.

INDEX.

CHAPTER I.

GENERAL ANATOMY MND PHYSIOLOGY.

Bones — Muscles— Nerves—Brain—Vascular System — Arteries —Veins—Capillaries and Lymphatics—Heart—Blood—Lungs Liver—Stomach—Small Intestine—Large Intestine — Kidneys—Generative Organs—Vaginal Canal—Uterus—Fallopian Tubes—Ovaries and Ligaments—Uterine Support—Mammary Glands.

CHAPTER II.

LAWS OF TRANSMISSION.

Physical Education—Rules for Physical Exercise—Home and its Appointments.

CHAPTER III.

GENERAL HIGIENIC AND DIETECTIC RULES.

Hygiene—Cleanliness of Surroundings—Cleanliness of Person—Ventilation of Sleeping Apartments—Food—Impure and Adulterated Eating—Chewing—Drinking—Exercise.

CHAPTER IV.

INFANCY AND CHILDHOOD.

General Care and Management—The Newly-Born Infant—The Cord—Respiration—Washing—Bandaging Dress—Nursing—Hand Feed—Drugging—Colic—Constipation—Cold Water—Eyes — Dentition — Weakened Constitution—Bathing Children—Oil and Sun Baths—Children's Dress.

CHAPTER V.

DISEASES INCIDENT TO CHILDHOOD.

Their Diagnosis, Treatment and Care--Respiration—Pulse—Expression of Countenance indicating seat of Pain—Crying—Moaning—Appearance of the Tongue—Measles—Whooping Cough—Chicken Pox—Summer Complaint—Croup — Convulsions—Worms—Urinary Troubles— Retention of Urine—Incontinence of Urine—Painful Micturation—Foreign Bodies in the Ear—Earache.

CHAPTER VI.

DISEASES OF CHILDREN (Continued.)

Deformities—Lateral Curvature of the Spine—Pott's Disease of the Spine—Crooked Feet—Paralysis—General Treatment of all Deformities—Scarlet Fever—Period of Incubation, the Mild and Malignant Forms — Temperature—Mortality—Communicability of It—Preventive—Hygienic and Sustaining Disinfectants—Baths—Diet — External Treatment of the Throat—But Little Medicine in Mild Cases—Convalescence Sequelae—Regulations Adopted by the New York City Board of Health--Diptheria—Contagious—Family Resemblance—Treatment—Hygienic—Palliative and Sustaining—Parotitis or Mumps—Thrush or Sore Mouth—Night Terrors.

CHAPTER VII.

DISEASES OF WOMEN.

Diseases of External Parts—Eczema—Acne—Excoriations –Diseases of Vaginal Canal—Inflamations—Ulcerations—Tumors —Prolapsus—Uterus—Natural and Physiological Functions —Menstruation and Gestation—Puberty—Stage of Transition The Care During this Period—Lympathic and Hygienic Menstruation—Maximum and Minimum Time of Commencement—Normal Appearance—Cause of Menstruation—Vicarious Menstruation—Suppressed or Irregular Menstruation

Dysmenorrhea or Painful Menstruation—Profuse Menstruation—Climacteric Period or Change of Life—Treatment and Cure.

CHAPTER VIII.

DISEASES OF WOMEN—CONTINUED.

Displacement of the Uterus—Anteversion—Retroversion—Anteflexion—Retroflexion—Prolapsus or Falling of the Womb—Causes of Displacement—Predisposing and Exciting—Treatment—Constitutional and Local—Diseases of the Cavity of the Womb — Inflammation — Congestions — Ulcerations—Catarrhal Affections—Characteristic Discharges—Tumors and Cancers—Leucorrhea and Abnormal Discharges—Some Mistakes—Spinal Troubles diagnosed and treated as uterine diseases—Gall Stones treated as Ovarian Tumor—Laceration of the neck of the Womb as Cancer—The Cautery Used and Pessary Worn for an Abcess on the liver—Warning Words.

CHAPTER X.

CHRONIC DISEASES.

The General Principles upon which they should be Treated—Dict—Bathing—Constipation—Exercise—Regularity of Habits—Patience and Perseverance—Constitutional and Local Treatment—Catarrh—Consumption—Kidneys—Liver—Scrofula—Headache—Rheumatism—Skin Diseases—Ulcers—General Care in the Sick Room.

CHAPTER IX.

PREGNANCY.

Conditions under which it should Exist—Management of Pregnancy—The Mental, Moral, and Physical Conditions—The Diet, Longings, Morning Sickness and Vomiting—Profuse Discharge of Saliva—Abdominal Support—Out-Door Exercise—Leucorrheal Discharges—Pains in Various Parts of the Body—The Breasts—Premature Labor or Hemorrhages—

Pregnancy and its Relation to Diseases—Management of Labor—Labor a Natural Function attended Without Pain in a Normal Condition—Elizabeth Cady Stanton—Premonitary Stage—Preparing the Bed and Clothing—Progress of Labor—Justifiable Crying—Use of Chloroform or Ether—Removal of Placenta or After-Birth—Care after the Termination of Labor—Feeding the Patient—Care of the Breasts—Conception—Sterility—Signs of Pregnancy—Abnormal Pregnancies.

CHAPTER XI.

THE TOILET.

Preserving the Youth—Bath—Changing the Linen—Use of Hot Water—Cosmetics—The Teeth—The Nose—The Eyes—The Hair—The Hand—The Art in Dress.

CHAPTER XII.

Baths—Dietary—Bill of Fare for the Sick and Convalescent—Low Diet—Medium Diet—Drinks—Acidulated Drinks Whcys—Egg Nog—Coffee, Tea—Demulcent Drinks—Sustaining Diet for the Sick—Gruels—Toasts.

FORMULAS.

General Tonic,
Alteratives,
Cough Syrup,
Aperients,
Nutrient Enemeta,
Disinfectants,
Gargles,
Inhalations,
Plasters,
Catarrh,
Constipation,
Kidneys,
Liver,
Piles,
Headache,
Neuralgia,
Rheumatism,
Moist Tetter,
Acne,
Scarlet Head,
Ulcers,
Heart Disease,
Scrofula,
Consumption,
Diphtheria,
Scarlet Fever,
Measles,
Croup,
Worms,
Chicken Pox,
Whooping Cough,
Mumps,
Thrush, or Sore Mouth,
Summer Complaint,
Convulsions,
Night Terrors,
Incontinence of Urine,
Retention of Urine,
Painful Micturition,
Colds,
Earache,
Painful Menstruation,
Profuse Menstruation,
Suppressed Menstruation,
Flatulence,
Astringent Washes,
Puritus Vagina,
Vomiting in Pregnancy,
Burns,
Corns,
Bunions,
Fetor of Feet,
Foul Breath,
Freckles,
Hair,
Face Worms and Pimples,
Teeth,
Chapped Hands and Lips,
Toilet Soap.

CHAPTER I.

GENERAL ANATOMY AND PHYSIOLOGY.

Bones — Muscles— Nerves—Brain—Vascular System — Arteries —Veins—Capillaries and Lymphatics—Heart—Blood—Lungs Liver—Stomach—Small Intestine—Large Intestine — Kidneys—Generative Organs—Vaginal Canal—Uterus—Fallopian Tubes—Ovaries and Ligaments—Uterine Support—Mammary Glands.

Bones.—The human skeleton consists of 200 bones* divided thusly:

Spinal Column	26
Cranium	8
Face	14
Sternum, ribs and throat	26
Upper extremities	64
Lower	62

These bones are divided into long, short, flat and irregular. The long bones sustain the trunk and confer the power of locomotion, such as those of the arms and legs. The short bones are for strength and compactness, such as the bones of the wrists and ankles.

Flat bones for protection, viz.: Shoulder blades, bones of the skull, etc. Irregular bones are of a mixed service and are found in the vertebra, bones of the nose, face, etc.

*Gray's Anatomy.

The constituent parts of bone are $33\frac{1}{3}$ per cent. organic matter; viz.: gelatine and blood vessels, $66\frac{2}{3}$ per cent. inorganic matter, viz.: phosphate of lime, carbonate of lime, flouride of calcium, phosphate of magnesia, soda and common salt.

In fœtal life, infancy and childhood, the bony skeleton is more or less cartilaginous, and membranous, and does not complete its entire ossification until the ages of 25 or 30 years.

This bony structure is susceptible of various diseases, deformities, and accidents.

Muscles.—There are about 470 muscles in the human body, comprising what is known as the red or lean meat. When properly developed they cover the entire skeleton, giving rotundity, strength and beauty to the form.

Muscles are divided into two classes, the voluntary and involuntary. The voluntary muscles are those capable of being put in action and controlled by the will. The involuntary muscles are not under the will-power but perform their functions independently, such as those of the heart, lungs, gastro-intestine canal, arteries, veins, lymphatics, etc.

Muscles are composed of parallel strips called fibres; when one of these fibres which is not over $\frac{1}{400}$ of an inch in diameter is put under a high magnifying power it is found to consist of fibrilla which is not $\frac{1}{20,000}$ of an inch in diameter. The sheaths of these fibres and fibrilla unite and form what is called tendons or sinews at the end of the muscles, which attach them to the bones.

The chemical analysis of muscular tissue is similar to the fibrine of the blood. They are liberally supplied with blood vessels and nerves, and are susceptible of great contractility. When they lose their contractile force they are said to be paralyzed.

By the agency of these numerous bones and muscles we are enabled to produce the motions and actions of our bodies, therefore entering into the strength, beauties, pastimes, pleasures and business pursuits of life, making it a duty to develop and strengthen them to their fullest capacity.

Nerves. The nervous system is the telegraph of the human organization, producing motion and sensation with lightning rapidity. Through it, all of our wants are made known, and the penalties of violated laws of nature are paid in pain and suffering.

There are 12 pairs of nerves given off from the brain, which pass out through small openings at the base of the skull, and are called cranial nerves. The first of these called the Olfactory is distributed to the cavity of the nose, and manifests the sense of smell. These little nerves enable us to catch the sweet perfume of flowers as well as warn us of obnoxious odors detrimental to health and pleasure.

The *Second* or Optic pair is distributed to the interior of the eye and produces the sense of vision.

The 3d pair or Motor-Oculi are distributed to the muscles of the eye and enable us to turn it in different directions.

The 4th pair or Patheticus is also distributed to the muscles of the eye, causing us to turn our eyes

upwards and inwards, giving a devout and pathetic expression, while the briny tears flow gently down our cheeks. These four nerves are nerves of motion, if they were cut into or pricked with a sharp pointed instrument they would cause no pain.

The 5th pair or Trifacial is divided into three branches. It is the largest of the cranial nerves.

The functions of this nerve are various, being special sense, common sensation, and motion. They are distributed generally to the head and face.

The 6th pair or Abducens are nerves of motion and are sent to muscles of the eye which causes us to turn our eyes outward.

The 7th pair, or Portio-Dura, are sent to the, muscles of the face, and produce its various expressions.

The 8th pair, or Portio-Mollis, is distributed to the ear, and produces the sense of hearing.

The 9th pair, or Glosso-pharyngeal, are sent to the tongue and mucous membrane of the throat, and supplies the sense of taste.

The 10th pair, or Pneumogastric nerves, are sent to the lungs, heart, stomach, liver, large and small intestines.

The 11th pair, or Spinal-Accessory, are distributed to the muscles of the neck, and assist in the production of certain movements.

The 12th pair, or Hypo-Glossal nerves, are distributed to the muscles of the tongue, and assist in the power of speech.

The Spinal Cord gives off thirty-one pairs of

nerves. *Each spinal nerve* has two roots—an anterior or motor, a posterior or sensory root.

These nerves are distributed to the various muscles of the body. *The Anterior*, or motor nerve, transmits nerve force, whereby all the varied movements are regulated and controlled. *The Posterior*, or sensory root, produces sensation of pain, heat, cold, etc., standing ever as a sentinel to give warning of any violation of the laws of nature. *Nerve Tissue* is composed of gray and white matter, and is upon the cell theory. *The brain* is of the same substance, and is divided into two parts—the cerebrum or intellectual brain, the cerebellum or animal brain.

The cerebrum is about eight times as large as the cerebullum, and occupies the anterior portion of the skull, while the cerebullum occupies the posterior portion. *In infancy* the brain is smooth, but in adult life it is full of convolutions, and is the most vascular organ of the whole body.

The chemical composttion of brain and nerve substances are as follows: Water, albuminous matter, colorless fat, red fat, lactates and phosphates.

The Vascular System is the great medium through which the nutrition of the body is carried on. It is divided into four classes (not including the heart, which is the great central reservoir.) The arteries, veins, capillaries and lymphatics compose these classes.

The arteries convey the oxygenized or pure blood, the veins carry the carbonized or impure blood, the capillaries are the small hair-like vessels through

which the blood circulates at the termination of the arteries and beginning of the veins.

The *Lymphatics* or Absorbent System are complimentary in their functions to the venous system, and convey lymph and chile to the circulation.

The arteries, veins, capillaries and lymphatics are composed of three coats, and are susceptible of dilation and contraction. The veins have valves to prevent the reflux of their contents. When an artery is cut or injured, the blood will come in jets of a bright red color, while from a vein it will come slowly and be very dark.

The heart is a hollow, muscular organ about the size of the closed hand. It is divided into four cavities, namely: The right and left auricle or ear, the right and left ventricle. The right side of the heart is the venous side, receiving the dark or venous blood from the entire body. From thence it is sent through the *pulmonary artery* into the lungs where it is arterialized and returned to the left side of the heart by the *pulmonary veins*, and from the left ventricle is distributed by the Aorta and its tributaries, through the entire body.

The human heart is placed behind the lower two-thirds of the sternum or breast bone, projecting further into the left than into the right cavity of the chest. The heart beats about 70 times per minute, or more than 100,000 times in every 24 hours. Every time the heart beats about 2 oz. of blood pass through it, 140 oz. each minute. The heart is supposed to contract with a force equal to 13 pounds and to cir-

culate the blood with such rapidity that it all passes through it as often as once in $2\frac{1}{2}$ minutes.

Blood is the nutritious fluid of the body, holding in solution the ingredients necessary for the growth and repair of the body. About 80 per cent. of the blood is water holding albumen, fibrine and salts in a soluble condition. The reaction of the blood is alkaline. Plasma or liquor sanguinis holds suspended in it blood corpuscles or globules, their characteristic being red and white, about 300 of the former to one of the latter. The coloring of the blood depends upon the iron it contains. The amount of blood in the human body is about one-twelfth the weight of the whole body.

The Lungs are the essential organs of respiration, they are two in number, situated in the right and left cavities of the chest, weighing about 42 ounces together. They are of a darkish slate color, of a soft spongy porous texture, highly elastic, float in water, and can be distended like a bellows. The bronchi which ramify through the lungs terminate in minute air-cells of which there is said to be about 600,000,000 attached to all the bronchial tubes. The respiration is 18 or 20 times per minute. Every time we breathe it is estimated that about 2 quarts of air pass in and out of our lungs, also that we exhale about one and a half pounds of water in the form of vapor, and one pound of solid carbon from the lungs every 24 hours.

The Liver is the largest glandular organ of the body, weighing from three to four pounds; it measures 12 inches in its transverse diameter and is about

3 inches thick in the thickest part. Its principal function is to secrete bile which is one of the essential elements to aid digestion. The liver in all animals is found to contain sacharine matter. It is situated on the right side, beneath the lower ribs, partially over-lapping the stomach. It is composed of numerous blood-vessels, nerves, absorbents, and bile ducts, all united together by a granular substance and covered by a serous membrane. The bile-ducts originate in minute branches in the interior of the liver; they unite and empty their contents into the gall-bladder under the liver. The gall-bladder is shaped somewhat like a pear, the largest end hanging downward. It does not empty its contents into the stomach as many suppose, but into the small intestines about six or seven inches below the opening into the stomach. No bile ever enters the stomach unless the natural action of the stomach and intestines are reversed as in vomiting.

The Stomach is a pouch or bag of irregular shape It is the chief organ of digestion. Its transverse diameter is about 12 inches, its verticle about 4 inches, its weight from four to four and one-half ounces. It consists of four coats, serous, muscular, cellular, and mucous. The mucous membrane which covers the interior presents a peculiar honey-comb appearance, owing to the little conical shaped cavities called gastric follicles which secrete a fluid called gastric fluid, which aids digestion. When these become weakened or impaired from over use we have what is known as indigestion. The capacity of the stomach

varies. In the newly born infant it will not contain more than one or two drachms, in the adult it holds about three pints.

There is as much difference in the power of digestion between persons as there is in intellectual force and moral sentiment. Nervous temperaments usually have large brains and small stomachs, therefore have little powers of digestion, while the purely lymphatic have small brains and large stomachs, a sort of "Human Berkshire."

The Small Intestines are situated in the center of the adominal cavity. They are about twenty-five feet in length and divided into three parts called the Duodenum or upper part, the Jejunum or middle part, the Ilium or lower part. The small intestines from a practical view are the seat of nutritive absorption. The lining membrane of the small intestines is five times as extensive as the outside, gathered up in numerous folds which serve to diminish the velocity of food as it passes through them, thereby increasing their absorbing surface.

The Large Intestines are about five feet in length, and describe an arch around the small intestines, terminating in the Anus. The function of the large intestines is to take up the refuse material which cannot be used as a nutrient, and prepare it to be defected in what is known as feces.

The Kidneys are two small bean shaped glandular organs intended for the excretion of urine. They are situated at the back part of the abdominal cavity one in each lumbar region extending from the 11th rib to

near the crest of the Ilium (Hip bone.) Each kidney is about four inches in length, two inches in breadth and one inch in thickness, their weight from four to six ounces. The urine is different from all other animal fluids as it represents the products of the physiological disintegration of the body, the process of the removal of this material is called excretion and the material is called excrementitious substances. "The physiological functions of the kidneys and the physical changes of the urine during health, and the alterations in disease are regulated by corresponding changes of nutrition and activity of the body at large.*

The Generative Organs are situated in the pelvic basin. The external parts from above downwards are namely; Mons Veneris, Labia Major and Minor, Clitoris, Meatus Urinarious, and the Orifice to the vaginal canal. The term pudendum or vulva as generally used include all these parts. They are composed of areolar, erectile, and fatty tissue, blood-vessels, nerves and glands, and are susceptible of a great variety of diseases.

The internal organs consists of the vaginal canal, uterus (or womb) and its appendages, viz., fallopian tubes, ovaries, and ligaments. The vagina is a canal extending from the vulva to the uterus, its direction is downward, backward and upward, varying in length from four to seven inches. Its structure is muscular, erectile tissue, and mucous lining. The interior presents numerous folds or rugae which are susceptible of

* Dalton's Physiology.

great distention. The upper end of the vagina is attached to the uterus a short distance from the os-uteri. Its attachments extends higher on the posterior than on the anterior side,

The Uterus is the chief organ of gestation. It is a small pear-shaped gland located between the bladder in front and the rectum behind. The uterus measures about three inches in length, two inches in width and weighs at puberty from one to two ounces. It is divided by anatomists for convenience into two portions—the body or fundus, and the neck. The neck is the constricted portion, and at its vaginal extremity is the os-uteri or mouth of the womb, a transverse opening bounded by two lips. The cavity of the womb is very small compared to its size, its walls are generally approximated, and it is often with difficulty the physician is enabled to pass a small uterine sound not larger than a goose quill into it. After child-bearing the womb rarely returns to its normal size. The structure of the uterus is mostly muscular, very dense and firm; it has an outer covering of a serous membrane and a lining of a mucous membrane similar to that which lines the whole alimentary canal. It is supplied with blood vessels, nerves and lymphatics. The physiological functions of the uterus are menstruation and gestation.

The Fallopian Tubes are two in number, one on each side of the uterus near the upper extremity. Each tube is about four inches in length and the canal is so small that a very fine bristol will scarcely pass through. At its termination it has fringe like pro-

cesses called fimbria. One of these fimbria is attached to the ovaries and assists in conveying the ripened ovum through the tubes to the uterus.

The Ovaries—Are the egg-nest of the reproductive organs. They are two small bodies about the size and shape of medium-sized almonds, located on each side of the uterus, connected to it by two cords called ovarian ligaments. Their structure is of a peculiar soft, fibrous tissue, abundantly supplied with blood-vessels. Imbedded in the meshes of this tissue is the ova-sacs, containing the ovums or eggs, from fifteen to twenty in number in various stages of development. The ovaries are analogous to the testes of the male. When the female has reached the age of puberty, which is from 12 to 16 years of age these ovum begin to ripen and discharge at regular intervals of from 25 to 31 days. As the ovum ripens they are taken up by the fimbriated ends of the fallopian tubes, passed as a rule safely into the canal of these tubes, thence carried along until it reaches the uterus, where if it does not become impregnated it will pass off in a few days with other secretions. There is more or less congestion of the reproductive organs at this period. The physiological function of menstruation is established and the whole nervous system is more sensitive and the sexual desires are greatly augmented. If coition takes place during or immediately after the ripened ovum has started on its outward journey, conception is more likely to be the result, all things being equal.

Uterine Support.—The supports of the uterus are its ligaments, six in number, and the vagina.

The Broad Ligaments, which pass from the sides of the uterus to the walls of the pelvis, resembling the wings of a bat divide the pelvic cavity into two parts. The front or anterior contains the vagina and the bladder, behind or posteriorly, the rectum. When any of these become weakened or relaxed from any cause whatever the varions displacements of the uterus and ovaries occur.

Mammary Glands or breasts are accessory to the generative system, and are sensitive and sympathize with them in their various conditions, in health and disease. Their substance is fibrous and fatty tissue, and is supplied with blood-vessels and nerves. Their principle function is to secrete mik to nourish the young.

CHAPTER II.

LAWS OF TRANSMISSION.

Physical Education—Rules for Physical Exercise—Home and Its Appointments.

The laws of transmission are irrevocably stamped upon all nature. The human family cannot hope to escape it. There is no exception to the law. All must "pass under the rod." Scripture confirms it, "even unto the third and fourth generation," and the facts are fully demonstrated in the diseased and deformed condition of the masses to-day. "Like parent, like child," no human law or human device can break the entailment. The Greeks knew well these laws, and gave special attention to the development of the race. We can no longer ignore this subject, neither can we put on gloves to discuss it—that not only diseases of the body, but corresponding diseases of the mental and moral nature are inherited from parent to child, is fully established. Crime, pauperism, insanity, idiocy, intemperance, and various diseases, some of the most loathsome kind, are transmissable from parent to child. Paupers and criminals are not merely the result of accident and surroundings, but are born into the world mortgaged, and recorded as such in every fibre of their bodies. We can no longer

ease our conscience or palliate our ignorance by setting idly down and saying it is a decree of heaven, or the work of his Satanic Majesty. We can no longer shuffle the responsibility on to moral-suasion, legislation, crusades and all other plans of reformation which have so signally failed. We can no longer content ourselves with simply theoretical knowledge of these facts. We must give them practical recognition and consideration. Statistics show us that within the past ten years, insanity, idiocy, crimes, and various diseases, have increased at a rate of from 40 to 50 per cent. While the knowledge of hereditary influence is generally adopted, the masses of the people, in all conditions of society, are comparatively ignorant of the universal influence it has over their mental, moral and physical condition. In all this physical degeneration, we are not without a remedy, for good qualities are as transmissible as evil ones. The stock-raiser understands well these laws, and to improve and perfect his stock, he does not breed from a diseased and deformed race, but selects the most perfect specimens of the kind that he can. Of how much more importance is the healthy mental, moral and physical condition of man? Yet who stops to consider! The laws of selection of the human family to-day are based upon some passing fancy, or *pa's pocket-book*. Matches are made anywhere but in heaven, and good common-sense is left out of the prescription. Women and men are alike responsible for this deterioration of the human family. But upon woman must fall the burden of beginning the ascent from the gulf of this seething,

surging, putrefying mass of retrograde humanity. It is for her to arouse herself from the long sleep she has been indulging in, and demand to know why one-fourth of her children must die before they are one year old, and one-half before they reach the age of ten years. She must demand to know why, with all her prayers, her tears, her sufferings, her sons and daughters must fall victims to the many diseases and crimes that fill our land. She must ask herself the question: What right have I to bring into this life children, when I know they must go through it cursed with some violated law of nature? False teachings have made women mere automatons upon these subjects. She has not even dared to question her right to know of these things which shall bring health and happiness to herself and posterity. Men and women have accepted the inevitable as they supposed, though corruption, disease and premature death was oozing from every pore. We must arouse from this lethargy, throw aside this sham morality, and study ourselves and the natural laws which govern us, and see to it that we make no barter and sale with consumption, scrofula, syphilis, insanity, intemperance, crimes, etc. As the mother, so the man. Eighteen hundred years of moral teachings, Christian prayers and human legislation find us to-day with the black and corroding banner of disease and crime overshadowing us like some mighty night-mare. We have found that all this deterioration was deeper-seated than merely in the emotional nature. We must pull out the weeds and plant perfect seed according to natural laws, if we would better the con-

dition of mankind. We cannot legislate or moralize a nation of imbeciles into a millenium of health and happiness.

"Can troubled or polluted springs
A hallowed stream afford ?"

"The woman's cause is man's,
They rise or sink together.
Dwarfed, God-like, bond or free,
If she be slight, ill-formed,
Miserable—how shall men grow ?"

PHYSICAL EDUCATION.

The physical development of the American woman has been too long neglected; on every hand see the results: The pale sunken cheeks, the hollow chests, the rounded shoulders, greet us on every side. There are but few women of to-day in the physical prime of life. Physical culture should go hand in hand with mental. It must begin in child-hood. The girl as well as the boy needs it. Custom, fashion and much modesty has long fettered and fastened chains of inactivity upon women. No system of education is complete unless it provides for the physical as well as mental and moral training. Our schools and colleges have sadly neglected providing a regular gymnasium for the physical development of our youth. We are constantly seeking new ways and means by which we may secure the best ventilation and most comfortable appointments for the school-room, and new plans of interesting and developing the mental capacities of the scholars, but the physical, as a rule, is entirely ignored, especially for the girls.

Girls need the same amount of physical exercise that boys do. Each and every one of those 470 muscles demand action, and they must have it if you want your children to have health, strength and beauty of form when they arrive at mature man and womanhood. Under proper physical training every muscle may be brought to its highest perfection, many inherited diseases thrown off, weak lungs and hearts made strong, new life put into paralyzed limbs, constitutional laziness receive a death blow, bad circulation overcome, and many a sluggish brain started into renewed activity. Without a sound body we cannot have a sound mind.

But few parents ever think of the physical development of their children. They will place every advantage for their mental development, and adorn them in the most gorgeous array of external trappings and depend upon buying physical strength and beauty from doctor's prescriptions, drug stores, vegetable pills, etc. We can no longer ignore the subject of physical education for women. If they are to be the mothers of stalwart sons and daughters they must be strong to do so, and strength cannot be secured or maintained by inaction. Nature has implanted in every child a love of motion, and why it should be suppressed in the girl, simply because she came by natural laws a girl instead of a boy, cannot be understood. If a girl shows any exuberance of spirits or desires to hop, skip, jump or stand on her head, she is sat down at once as a tom-boy, rough, course, and so on, but when the dear young men marry, but few stop

to think that any kind of work is too rough or tom-boyish for one of these dear would-be butter-flies to endure.

Men may admire "pale cheeks" and "lilly-white hands" when pa's pocket book is *fat* and *well developed*. By close, but silent observation, many of these admiring men may be found, six months after marriage, "*making love*" to rosy-cheeked Gretchen in the kitchen. I know that large hands, full waists, rosy cheeks, and eyes that sparkle and dance with every emotion of life, are considered as belonging to the class of uncultured. Better be recorded among that class and enjoy health and happiness, than be *cultured* and a walking drug store.

Woman is not weak by reason of her sex, it is in the want of her physical training, and when the active duties of life come upon her, and she is called to bear the responsibilities of wife and mother-hood, she has no strength to endure these responsibilities, and consequently breaks down under the first pressure, doomed to suffer the remainder of her life, prematurely old, and fills a premature grave, when life should just begin to gather its richest harvests. The world is full of *educated weakness*, debility and deformity. No one occupation will develop and strengthen all the muscles, therefore it is necessary to have a thorough system for physical development, and I am glad to note that many writers and keepers of the public health are advocating a thorough system of physical training in our schools. Let the children romp and play, the girl as well as the boy, they both require the same moral, mental and physi-

cal education. Man has a triple nature, and each must be developed to make perfect whole. Mothers, let your girls have freedom, put no more check-reins on them than you do on your boys. A child, either boy or girl, if well, will naturally take exercise of various kinds, and when they are tired will lay down and sleep, and when rested they will wake up and begin anew. Every muscle and nerve is alive and quivering with motion, and when we put restraints upon them we are simply sapping the young life blood, undermining the health, weakening the foundation and tilling the ground for the seeds of disease. Give woman a chance from the cradle upward, and she will develop the Spartan forms of old.

Teach her from the cradle that physical exercise is essential to her education, health and happiness.

The following rules of exercise will be found a useful guide.

1. Students, invalids and others should be careful not to exercise the muscles when the brain and nervous system are exhausted from over excitement, or exercise of the mental faculties, but they should remain quiet, rest and sleep.

2. Carefully abstain from exercise immediately after eating a hearty meal. Always exercise in the morning when the stomach is empty and the brain and nerves are full of vital force, or an hour or two after meals, when the food we have eaten is nearly digested.

3. Short walks or a little exercise often repeated will keep up a more continuous determination of blood to the muscles and be far more useful than long con-

tinued exercise taken once a week or when "*convenient.*"

4. Thirty minutes devoted to physical exercise or training twice a day in any well regulated gymnasium will be sufficient to develop the largest amount of physical strength the muscular system is capable of manifesting.

5. When incapable of voluntary exercise, friction or passive exercise should be applied all over the skin twice daily with the naked hand or a coarse soft cloth.

HOME AND ITS APPOINTMENTS.

"There is no place like home be it ever so humble."

Home should be made as congenial and as attractive as possible for children. It is natural for youth to seek amusements, and pleasures, and if they have privileges at home they will not seek them abroad. But few parents fully understand the wants of their children. They will have a line of set rules and these little buds of human life, unfolding leaf by leaf, are expected to come "under the rod." Parents too often forget that they were once children. They too often forget to provide for the childish wants. They expect to feed them with the same amusements and pleasures they enjoy. Every child is a bundle of possibilities and future exigencies, and home influences help to mould these possibilities for happiness or misery in the future. Give boys and girls a chance at home and they will not seek opportunities elsewhere. Let amusements, pleasures, privileges, games, music,

companions, etc., be enjoyed at home, let children feel there is no honest or legitimate amusement but they are privileged to enjoy beneath the paternal roof. Let them feel they are a factor in the family and some one is interested in interesting them. "Let time roll back in her flight, and make papa and mamma a child for to-night," and enter into the games and sports of the little folk, and when these same little ones arrive at the age to go out upon life's troubled waves they will turn fondly to home with pleasant recollections and rarely seek pastimes and pleasures in places where they would blush to own.

Care and thought enough are not given to make home attractive for our young. Parents may love their children, but it is not enough that we provide for the physical wants only. I know many mothers will say I have no time to play with my children and I can't bear the noise; better bear the noise and take the time in their youth than have the heartache, sorrow and suffering in after years when your sons and daughters find the brillant saloon and dance hall more attractive than fathers, mothers and home.

Every woman has her mission no doubt, and the old adage "that charity should begin at home," is a good maxim, and if every mother would only apply the rule and study and work half as hard and earnestly to secure the best means of making her home pleasant and happy and of saving her own children from the cold charity of the gilded vices of the world, as she does those of the unknown heathen and the fallen of her neighbors, there would be but few to fall, and a

quarter century hence would see greater strides toward the reduction of crime, intemperance and vice of various kinds, than all the legislation, charitable institutions, etc., have accomplished in twice that length of time.

Many good honest-hearted women think they are "filling their mission" by attending all the benevolent meetings, societies, and so on, leaving their little children at home, day after day, with an ignorant servant, or let them run the streets, learning more evil in one day than her prayers could root out in a life time.

Make home one continuous ray of shimmering sunthine and gladness. Make home the most pleasant spot on earth. Better far have less "fancy work" and fewer ruffles and no pie and cake than a tired, weary, worn mother. Better far let Mary Livermore's "Superfluous Women" monopolize the missionary and reformatory work in the public field, and let the mothers devote their time and energies to those for whom they are responsible in making them healthy, happy and fitted to fill their niche upon the great stage of life.

Thousands of poor little hearts are simply starved out for affection. Take your boys and your girls in your arms. Hugs and kisses don't cost much and yet there is nothing of such priceless joy to a child as these. Enter into their little joys and sorrows; be the confidant of your little ones. Fill their lives with love and sympathy. Let them know that you are ever too ready to forgive and forget trespasses.

Make home brilliant with love and kindness. Study how to be fathers and mothers. How to make home the magnet for the hearts of your children. Then will saloons and dens of vice disappear for there will be no demand for such institutions.

CHAPTER III.

GENERAL HIGIENIC AND DIETECTIC RULES.

Hygiene—Cleanliness of Surroundings—Cleanliness of Person—Ventilation of Sleeping Apartments—Food—Impure and Adulterated Eating—Chewing—Drinking—Exercise.

Hygiene means *Health.*—That part of medicine whose object is the preservation of health. It embraces a knowledge of the health of man both in society and individually, as well as the objects used and employed by him with their influence on his constitution and organs.*

*Dungelson's Medical Dictionary.

Many and numerous books and journals have been written and published upon the laws of health. Many valuable articles appear from time to time in our daily and weekly papers, and yet the masses are comparatively ignorant upon all subjects pertaining to health. Everything else is studied with the utmost diligence but hygiene, the most important and essential of all else, is left out of the curriculum. It is the great link which makes up the magnetic chain of health and happiness. Hygiene observed is the great prophylaxis of epidemics and eradicator of disease. The world is in need of a general renovation in its hygiene, physically, morally, politically and socially. We have only to deal with the physical in this work, for when

we understand the laws governing the "physical man" and execute them fully, the other divisions will fall in line and take up the cue with but little trouble.

Cleanliness, 'tis said, "is next to godliness." I think we would have a better godliness if cleanliness was advocated first—not only cleanliness of person but of surroundings.

Where there is decaying animal or vegetable matter without being properly disposed of, more or less obnoxious vapors will arise endangering health by generating zymotic forms of disease.

Not only in cities is this negligence observable, but in country towns and on farms. An old swill-barrel, pig-pen or dead animal of some kind will poison the air for miles around.

All liquids should be carried away by some properly constructed drain. All refuse solid matter that cannot be utilized should be either burned or buried.

See that the water used is not located where it may become saturated with the contents of the privy-vault or barn yard. Keep no standing pools of water near your home. Disinfect frequently with lime, utilize all the ashes in wet and damp places, keep the cellars well ventilated. Don't leave old potatoes, apples, etc., to decay in them. In short, remove all debris as you go along from day to day, and you will find it is much easier, healthier, and more comfortable to live under this regime than the old one.

Cleanliness of person is essential to health and happiness. Every person should have a good *scrubbing*

at least twice a week with soap and water, and more frequently if required. The same clothes should not be worn at night that are worn during the day. The feet should be bathed every night and the whole body rubbed off with a coarse soft cloth. Nothing removes congestion, equalizes circulation, allays irritability of the nervous system like a good bath and friction. The use of the bath not only promotes personal cleanliness but cultivates refinement, self-respect and dignity.

There are various methods of bathing and kinds of bath, for which see Baths.

The baths should be used and the temperature regulated by the sensibility of the person taking them. There is really no danger of taking cold in the use of the bath if a little judgment is exercised.

Ventilation. Every house should be well ventilated especially the sleeping apartments. Pure fresh air is an absolute necessity for health. Many persons will complain in the morning "that they feel just as tired as when they went to bed." This feeling is caused by sleeping in illy ventilated rooms. It is not enough for the windows to be let down from the top and the transom open above the door, unless there is an open fire-place in the room. A window should always be raised from the bottom, as the impure air is the heaviest and naturally falls below. A board can be fitted across the window to protect from draft. Many good house-wives will shut up almost air tight the open fire-places in Summer, not knowing they are closing the best ventilating appara-

tus of their homes. Close rooms and those heated by stoves should be avoided by persons with weak lungs. The winter season is the harvest of headaches, stoves and imperfect ventilation the cause.

FOOD.

Some philosopher has said that God made the food and the devil the cooks, allowing the former to represent good and the latter evil, there seems to be more "truth than poetry" in the assertion. Ninety-nine out of every one hundred women presiding over the culinary departments of the homes to-day, understand as little of the proper selection and preparation of food for the human family, hygienically speaking, as a monkey does of the Greek language. The women are not to blame for this state of affairs, no provisions have ever been made whereby they could obtain the proper knowledge and experience. Many of the works that have been written have emanated from the pen of hobbyists and no practical benefit to the masses at large. In all the long list of animal and vegetable material recognized as articles of food for the human family, few but what are more or less beneficial and palatable if properly selected and prepared.

Stale Meat and vegetables should *never* be used. Better do without them altogether than try to feed the system on putrefying and decaying material. You can't make brain, muscles, and health out of it. Ignorance and the love of the "almighty dollar" are the only excuses that can be offered for the sale and use of unwholesome meat and vegetables. Our laws are

strict enough prohibiting the sale of such and if they were rigorously executed marketmen would not dare offer them for sale.

Nearly every thing we purchase to-day is adulterated or poisoned in some way. The manufacturers are well aware the masses know but little about it and the demand for *cheap every thing* causes them to bring to their aid the most skilled chemists in the world and thereby give the people an article in quantity or bulk who care and know nothing of the quality.

We have laws regulating the sale of poisonous drugs, and the physician or druggist is held responsi- for the results. We arrest and punish men and women who deliberately take the life of another. Yet these manufacturers can make and furnish *wholesale* and *retail* disease and death by the *Slow Process* and they are not required to label their goods with the *cross bones* and *skull*, nor mark them *poison*.

I could fill a book upon the various adulterations of what we have to eat and wear every day of our lives, but time and space will not permit. I can only make an appeal in this silent way to the women of America to arouse themselves as the mothers and preservers of the human family, to educate themselves upon these subjects, and know when they are taking food pure and impure. Learn by touch, taste, smell and sight, when an article is adulterated.

The renovation and reform will never begin among men. They are the manufacturers and capitalists, and so long as the people will buy without murmuring so long will they make and sell. The mothers of this

nation "must arise, 'take up arms, (intelligence and knowledge) against this sea of poisons, and by patience, perseverance and constant agitation end them."'

EATING.

When to eat. How to eat. What to eat. How much to eat, and how often to eat, are subjects that every individual will have to decide for himself, or herself. No man can prescribe another man's "bill of fare." "What is one man's meat is another man's poison," is a true saying. It is not so often the variety we eat as the quality and quantity. Nature calls for what she wants, if the appetite is in a normal condition. Supply her with the smallest possible quantity that will satisfy at first and give it at more frequent intervals if needed. If the system is needing an alkali or an acid her wants are made known by a hungry or thirsty sensation for the same. A person should always eat when they are hungry, be that one or five times (the German rule) a day. It is the impurities of the food, bad cooking, and overloading the stomach that does so much mischief, and not the number of times we eat. No one should ever be forced to take food if they do not desire it. Many a one has been *stuffed* into their grave. When the system is overloaded she rebels against taking on any more fuel until she has cleared away the debris. Let her rest is the safest rule to follow. A person working out in the open air and at physical labor can eat and digest what would be utterly impossible for one employed indoors at any mental labor or professional

work. Each person will have to understand these laws and govern themselves accordingly. The nervous temperments have small digestive powers, while the lymphatic can thrive under almost any circumstances.

Chewing the food has been a great hobby of most writers upon the eating question. I can't physiologically see wherein any advantage is gained by chewing food until we become disgusted with it before swallowing. We knew but little of the process of digestion until Alexis St. Martin, a French Canadian, was so wounded that he had to be fed through an *opening* in his stomach. He neither chewed nor swallowed his food. If people would use their knife and fork more, and their jaws less, they would be just as healthy. Quality and quantity have more to do with creating stomach troubles than the chewing and drinking.

Some systems require more fluids than others. Like eating, no rule can be prescribed; nature must be consulted before theories. A certain amount of fluid should be taken at meals, the quantity and kind regulated by the habits, health and comfort of the person. All drinks, from water to wine, should be of the purest kind.

Rest is one of nature's great restorers in sickness and in health—complete, absolute rest from all physical and mental labor, when tired. If women could only learn the value of *rest*, they would save much pain and suffering, and many a doctor's bill. To rest properly is to lie down on a bed or lounge, and stretch

out arms, legs and body, close the eyes, and let oblivion surround you. "Ye cannot serve two masters" at one time, neither can you rest, nurse the baby, do fancy work, and entertain company at the same time.

When tired, weary, and fatigued, take ten minutes' complete rest, and you will be benefitted more than a hundred fold. Lying down to rest equalizes circulation better, and rests all the muscles.

A certain amount of exercise is necessary for those who lead sedentary lives. No one should exercise until they are exhausted or fatigued, but begin little by little, and strength will soon gather.

To sum up the whole in a "nut-shell." First, *know thyself*, then with a knowledge of the physiological, hygienic and dietectic laws, apply and govern yourself accordingly.

CHAPTER IV.

INFANCY AND CHILDHOOD.

General Care and Management—The Newly-Born Infant—The Cord—Respiration—Washing—Bandaging Dress—Nursing—Hand Feed—Drugging—Colic—Constipation—Cold Water—Eyes—Dentition—Weakened Constitution—Bathing Children—Oil and Sun Baths—Children's Dress.

The newly-born infant is the first form of childhood we have to care for. As soon as the little stranger has made its appearance, if there is a physician in attendance, he will know, or ought to know, exactly what to do; but as nature does not always wait until a doctor can arrive it becomes an absolute necessity that every woman should know what to do in these emergencies.

As soon as the child's head is born, see that the cord is not wrapped around its neck.

'Tis best not to cut the cord while it is still beating, which can be ascertained by holding the cord lightly between the thumb and finger. The cord should be tied about two inches from the navel. It is always best to tie in two places and cut between.

To establish respiration when difficult. Remove all mucus from the mouth, if any is there, with a soft cloth around the finger; have plenty of hot and cold water at hand; plunge first into one then the other.

The child should now be rolled into a soft flannel and given to the nurse or attendant who should be careful not to take it in a draft. Unless the child is very much soiled never use any water or soap. Have some good sweet oil or fresh lard and anoint it thoroughly from head to foot, then take a soft cloth and rub it gently, being careful to reach every place. The cord should then have a soft greased cloth placed about it, and a bandage of soft flannel placed around the child, the bandage should be single and wrapped twice around and not fastened tightly. All of an infant's clothes should be of flannel, excepting its napkin. Its wardrobe should consist of flannel shirt, bandage, skirt, stockings, outside slip, blanket and napkins. All should be fastened with small safety pins. The little stockings should be pinned to the napkins also the bandage, thereby preventing one from slipping up and the other down.

A newly born infant needs neither *nursing* or *visitors*. It should be laid away and only disturbed when needing food or attention.

If the mother is going to nurse her babe no *teas* or *stuffs* should be given it, but let it be put to the breast at once. A child should be fed every hour and a half to two hours. Their stomachs are small and cannot hold more than from one to two teaspoonsful.

If the infant is to be hand-fed see that the milk comes from a healthy fresh cow. Keep all the appointments scrupulously clean; dilute the milk about one-third. Sweeten with loaf sugar slightly and have it about blood-heat. Regularity in feeding is of the

utmost importance. A child should never cry and rarely does unless it is sick or hungry. If well they should sleep for the first few weeks 20 hours out of the 24.

Mothers as a rule spoil their children by too much handling. They shouldn either be rocked nor carried about. Rocking, particularly as violently as most of it is done, is injurious to children, many times causing disturbance of both the *brain* and *stomach*.

An infant needs no *drugging*. *Paregoric*, and "soothing syrups" should never be given.

If the babe is restless, give it a *tepid bath*, roll it in soft flannel, see that it is not hungry and nine times out of ten it will go to sleep.

If it has the "colic" apply heat to its bowels and feet. A few drops of brandy or alcohol in sweetened water or milk will usually bring relief.

Constipation should be relieved by injections and kneading the bowels. Loaf sugar dissolved in water and a teaspoonful given just before nursing the child is good. A piece of castile soap about an inch and a half long inserted regularly once a day will soon establish a movement of the bowels. If the child is hand-fed boil the milk and stir in a tablespoonful of corn meal, to a half-pint of milk.

A few drops of cold water should be given a child every day and its mouth washed out by means of a clean soft cloth over the finger at least two or three times every 24 hours thereby preventing sore mouth.

The Eyes should be guarded from a strong light and gradually allowed to become used to it. If the eyes

are inflamed bathe them frequently with tepid water to which has been added a little salt; keep them clean and protect them from the light. If anything serious or obstinate appears with the eyes they should never be tampered with by any one except the most skilled physician.

Dentition has no specified hour for beginning, as a rule from three to eight months one or more teeth will make an appearance, although we have on record children born with teeth, also where two years have passed before a tooth showed itself.

Children usually of a weakened constitution and defective bone nutrition are slow in teething. If the hygienic and dietectic rules are carefully looked after a child need have but little trouble in teething. Avoid having the gums cut if possible, or rubbing the gums to ease them, rub them on the side instead of on top. We know gentle friction hardens.

Bathing. Children should only be washed enough to be kept clean until after they are three months old. Soap should not be used, a child can be rubbed gently all over every day to stimulate circulation. Bathing babies has become a hobby with most people, and many a baby has been watered into its grave. When a bath is given the water should always be tepid. If a plunge bath is given the child should never remain in it longer than from 5 to 10 minutes.

Oil and sun baths are excellent for weak and delicate constitutions.* *When* short dresses are put on children their feet and limbs should be protected by woolen stockings coming over the knees, and shoes.

* See Baths.

Children's dress should always be plain and comfortable if you desire their health and happiness. Children are often fretful from over-dress as well as from over-feeding. How often do we see them fall asleep after the removal of their dress parade clothes and their night wraps are donned.

Every mother should be governed by common sense and a thorough knowledge of the proper care of her children instead of pride and fashion. As soon as children are large enough they should have plenty of fresh air and exercise.

The very nervous child must be carefully guarded from increasing it by any undue irritability, and the lymphatic or sluggish should be stimulated to action by various ways and means that will suggest themselves from time to time.

CHAPTER V.

DISEASES INCIDENT TO CHILDHOOD.

Their Diagnosis, Treatment and Care--Respiration—Pulse—Expression of Countenance indicating seat of Pain—Crying—Moaning—Appearance of the Tongue—Measles—Whooping Cough—Chicken Pox—Summer Complaint—Croup — Convulsions—Worms—Urinary Troubles— Retention of Urine—Incontinence of Urine—Painful Micturation—Foreign Bodies in the Ear—Earache.

Respiration and pulse are much more rapid in children than in adults. Respiration in adults averaging from 18 to 20, in children from 25 to 40. Pulse in adults from 70 to 80, in children from 100 to 150. Temperature from 88 to 98, is as a rule the normal standard.

The expression of the countenance frequently indicates where the *pain* is located.

The upper portion of the face point to brain trouble. The middle to heart and lung affection, the nostrils will be distended, bluish circles around the mouth and dark rings under the eyes. The lower part of the face mainly indicates abdominal trouble, there will be sunken cheeks, pinched looks about the mouth, livid and pale lips, etc.

Gestures will often aid us in ascertaining the nature and seat of disease.

The hand to the head, pulling the hair, rolling the

head on the pillow and so on, should warn us to look for brain troubles.

Abdominal troubles are often indicated by drawing up the legs, picking at the bed clothes, etc.

When suffocating the child tears at its throat, puts its hand into its mouth in attempting to get relief.

Crying has its significance also. The brassy, hoarse cry is heard in croup, the half suppressed in pneumonia. In cerebral or brain difficulties it is sharp and shrill. Long continued crying indicates hunger or earache. The earache is usually distinguished by carrying the hand to the ear affected.

Moaning is characteristic of disturbances of the intestinal canal. The tongue is a great indicator of the various conditions of the human system and with a little care the mother or nurse will soon learn from its appearance where to locate disturbances. A furred tongue with a whitish curd, dyspepsia, intestinal irritability. A red, hot, dry tongue inflamation of mouth and stomach. Pale, flabby tongue great debility. White fur on tongue, fever; yellow fur, liver and stomach; brown fur, typhoid fever; strawberry tongue, scarlitina.

Measles, whooping-cough and chicken pox need no medication unless complications arise then the family physician should be called at once. Keep them warm, and indoors in measles and chicken pox, avoid letting them get wet. Keep their bowels open with some cooling and saline cathartic. Be careful of their diet, not allowing them to overload their stomach. Have their food simple and nutritious. Their drink

may be cold water, infusion of slippery-elm bark, lemonade or any demulcent drink. Give their food and drink in small quantities and quite frequently. Sponge baths with a litttle soda added will be found beneficial, oil baths occasionally give great relief.

Purtussis or Whooping cough will run its course, varying in its intensity, in various subjects. Twelve weeks is its allotted time, reaching its worst degree about the fifth or sixth week. If the case has been a severe one the cough will continue for a long time, and every little cold will increase it. The health of a child with whooping cough should be kept in the best possible condition. The most careful attention should attend the hygiene and diet. It should always be kept warm and dry. Flannels worn next to its surface. It should have as much pure air and sunshine, in short live out of doors as much as possible. Great benefit is often derived by taking the child to the country or removing to a different climate.

The medical remedies for whooping cough are legion for the most beneficial see formulas.

Summer Complaint.—The dread of all mothers; it steals upon their little ones suddenly without any preliminaries. There is no where that prompt action is so necessary as in the beginning of this disease. Its causes are many and various, and only the most complete observation of the laws of health can stay this dread monster of childhood. The first attention given the child should be to regulate its diet. No solid food should be given. Lime water (see formulas) should be added to the milk, which can be given either

boiled or raw. Beef essence in from one half to one teaspoonful at regular intervals from two to three hours. *Pure* wine (Blackberry preferred) or burnt brandy in from 10 to 30 drops three or four times a day. Flannels should be put on immediately, if not being worn, and an extra flannel bandage around the bowels. Keep the feet warm and dry; the child quiet as possible and away from all noise and confusion. Spiced compresses for the bowels are very beneficial, also starch water injection. Keep good ventilation and perfect cleanliness. If complications should arise always call medical aid before it is too late, but rest assured, good and careful nursing is three-fourths of the battle in all diseases. For the most useful and simple remedies see formulas.

Croup.—That midnight terror, whose hoarse notes chills the very blood and warns us there is no time to be lost. The first is an emetic, wine of ipecac is the best; next a warm bath in a room well warmed and the air kept moist. If bowels are constipated releive by injection. Hot compresses over the chest, live water spray and inhalation, also small quantities from half to one teaspoonful taken inwardly every hour or two. (It can be added to the milk or drink,) Sustaining and nutritious diet is of utmost importance in small quantities and frequent. If true or membranous croup appears lose no time in sending for your physician that he may have the advantage of time to apply his skill and knowledge, for there is only one chance out of ten that he can save your little one.

Convulsions.—Every mother is naturally frightened when her little one is stricken suddenly down unconscious and apparently writhing in the agonies of pain and death. If ever there is a time a mother needs nerve and coolness it is then, but one of the most consoling features is that a child rarely dies in convulsions. When you find your child in a convulsion, first put the little one in a hot bath to which mustard has been added, have the bath large enough to reach the child's neck. Apply cold water to the head by means of cloth rung out, vinegar or *whisky* may be added to the water; releive the bowels by an injection when taking the child from the bath, which should last five to ten minutes; roll it in a blanket. If you are skilled enough and have it at hand you can let the child inhale carefully a few inhalations of chloroform; by this time your child will as a rule be recovering. The doctor whom you have sent for in the meantime will arrive and administer the proper remedies, seek for the causes and remove them. The causes should be looked for relative to teething, worms, constipation, overloaded stomach. spinal or brain trouble, phimosis (or adherent prepuce) and heredity.

Worms-—There are some thirty different kinds of worms which inhabit the human body. Round worms are by far the most common and are generally found in the small intestines but may get into the stomach. There is no direct proof of the existence of worms until they make their appearance either by vomiting or evacuation. When their presence is suspected

give a child from one half to one grain of santonine twice a day.

Seat worms are found in the rectum generally of children, sometimes adults. They cause itching and irritation. There is no remedy equal to supositories made of cocoa butter, containing three grains each of santonine and introduced into the rectum at bed-time. Tape worm is known to exist only when fragments of it are discovered in the stools, all other symptoms are fallacious. Various remedies have been used. The most efficient are pumpkin seed, male fern and turpentine. See formulas.

Urinary troubles frequently arise in children mostly from over-feeding or neglect. They rarely require much medication. In all cases the diet must be regulated to light nourishing food. The skin kept warm and its functions stimulated by warm salt baths followed by friction.

Retention of Urine—Is not uncommon among children. It may be caused by a chill more often by worms, sometimes by inflamation about the neck of the bladder. In all cases use warm baths, and relieve the bowels by an enema. The use of the catheter may be required.

Incontinence of Urine is very common among children, and is very troublesome especially at night. If the child exhibits a weakened or debilitated condition you will have to build up its constitution by careful attention to the laws of health and give some good tonic. See formulas. The taking of fluids should be guarded against, especially toward night. See that the child has no bad habits and does not sleep on its

its back; have it taken to the stool regularly at the same hour once or twice every night. A belladonna plaster over the lower part of the back is beneficial.

Painful Micturation may occur in both boys and girls. In boys the common causes are acid urine, long prepuce, inflamation, stone in bladder and small worms. In girls, acid urine, inflamation about the urinary orifice and leucorrhea are the causes.

The treatment should consist of alkalies, mucilaginous drinks, restricted diet, occasional warm baths, the bowels relieved by an injection and few drops of sweet spirits of nitre administered three or four times a day.

Leucorrhea is quite common in little girls. It is a white or yellowish discharge from the vagina, and when it makes its appearance should be attended to at once. It is usually indicative of a debiliated condition of the system. It may be simply local, having been brought on by self-abuse or other exciting causes. It may be constitutional and of a specific character. Simple nutritious diet, perfect cleanliness, sitz baths, astringent washes (see formulas) and keep the bowels regular. Should it not yield readily to these, consult your physician as it may prove obstinate and give you much trouble. Excoriations as a rule are present; wash well with *hot water* then apply vaseline or oil and dust afterward with bismuth.

HEREDITY.

When children are known to have a predisposition to disease such as scrofula, consumption, etc., the best possible care should be given them and much can be

done to alleviate and save them a life of pain and suffering. Their physical should be looked after regardless of all things else. Instead of keeping it from them tell them of it, and teach them how, and the necessity of taking care of themselves. Physical training, out-door life, and good food are the essentials. Men and women knowing themselves predisposed to heriditary diseases such as scrofula, consumption, syphillis, insanity and so on, should never procreate, but when such are the results it is their highest religious duty to overcome them as far as possible.

The Ears are often the seat of much disturbance, foreign bodies will find their way into the ear, the wax will becomes hardened, deafness and inflammation the result. When any trouble of the kind exists they should never be tampered with by means of probes such as hair pins, bodkins, pins and so on, as great harm will often be done by the use of such implements. Drop a few drops of glycerine or sweet oil into the ear and retain it by a piece of soft cotton applied to the external orifice, let it remain for several hours then wash the ear out carefully with a small syringe, warm water and castile soap; while syringing the ear the head should be inclined to the side affected. You will often find bugs, beads, beans, feathers, shot, in fact a great variety of small things the cause of the disturbance. *Earache*, so annoying to both children and adults, when resulting from cold or damp, may be relieved by dry heat, laudanum and sweet oil, tobacco and camphor. See formulas.

CHAPTER VI.

DISEASES OF CHILDREN (Continued.)

Deformities—Lateral Curvature of the Spine—Pott's Disease of the Spine—Crooked Feet—Paralysis—General Treatment of all Deformities—Scarlet Fever—Period of Incubation, the Mild and Malignant Forms — Temperature—Mortality—Communicability of It—Preventive—Hygienic and Sustaining Disinfectants— Baths—Diet — External Treatment of the Throat—But Little Medicine in Mild Cases—Convalescence Sequelae—Regulations Adopted by the New York City Board of Health—Diptheria—Contagious—Family Resemblance—Treatment—Hygienic—Palliative and Sustaining—Parotitis or Mumps—Thrush or Sore Mouth—Night Terrors.

Deformities of various kinds are numerous and but little attention comparatively has been paid to them until too late to receive the full benefit from proper treatment. In fact the proper attention and study of deformities have had too little consideration from physicians in general. When children complain of pain or aches in their joints or spine medical advice should be obtained at once, as they are often forerunners, and forewarners of serious trouble. If deformities are taken in their incipient stage few but what can be relieved and cured. Let me urge upon you to never neglect a deformity or the first indications of one. Deformities of the spine are to be dreaded. They are of two kinds—one known as lateral curva-

ture, where the spinal column is curved like the letter S, which is generally the result of standing and sitting in an improper position at home and at school. This can be overcome if taken in time by proper physical exercise, correcting the habits that produced it, also suspension by means of a sling placed under the arms and chin, which is fastened to the iron bar worked by a pully suspended from the ceiling. The second and one most to be dreaded is known as Pott's Disease of the Spine (a decaying of one or more of the vertebræ). Dr. Lewis A. Sayres, of New York, the best authority and most experienced orthopedic surgeon in the United States, says this disease is the result of injury in almost all cases.

A child may be treated for nearly the whole catalogue of diseases before the proper diagnosis will be made, so various, vague, obscure and complicated are its symptoms. If a child is known to have a fall or injury, be it ever so slight, a sharp lookout should be kept for fear that the spine has been injured. Pott's Disease is recognized by a protuberance or bulging out of one or more of the vertebræ. When these make their appearance there is no time to be lost.

Rest, good constitutional treatment and a "plaster of Paris jacket," properly applied, are the great remedial agents for the treatment and cure of this disease. Relief may be given almost immediately but the permanent cure requires time and patience. In almost every instance this disease can be entirely overcome if taken in time.

Braces rarely if ever give satisfaction in the treatment of spinal deformities.

Crooked Feet. Many children are born with their feet turning either outward or inward. Such deformities can easily by remedied if taken at once and properly attended by the physician or nurse. For the benefit of those who may not have the advantage of a skilled physician or nurse, I will say when this deformity is observed in the newly born infant, take a stiff piece of paste board and cut it slightly larger than the foot, pad it nicely with cotton or wool, bring the foot to its proper position, place a little cotton or wool on top and neatly bandage it there with the padded paste board under the foot; the bandage should be removed every day and the foot gently rubbed.

Weak Ankles should be properly supported from the very beginning by proper appliances under the control of some skilled physician.

Paralysis of one or more muscles frequently occur, producing various deformities, and no deformity however slight should ever be neglected.

The General Treatment of all deformities consists of mechanical appliances, manipulation, gymnastic exercise, dry heat, baths, electricity, inunction of oil with plenty of "elbow grease" and "palm oil." Constitutional treatment with the above measures should be prescribed and regulated by and under the the advice of some skilled physician. Again let me urge you not to neglect a deformity in your children.

SCARLET FEVER.

Scarlet Fever is one of the diseases to be most dreaded in children. It is both infectious and con-

tagious. Too much care cannot be taken to prevent its spread. As soon as known that a child has been exposed to scarlet fever it should be isolated from all other children immediately. The period of incubation will average from four to six days. There is no disease that has so many unfavorable complications and terminations as this, and there is no disease where good and careful nursing and properly following the hygienic laws will prove more beneficial than in this one. The duration of a mild case of scarlet fever is about two weeks, yet the mildest form may give rise to the gravest symptoms. Most writers divide scarlet fever into three varieties, but two are really sufficient for as soon as it passes from the simple or mild form, it becomes malignant; in the mild form there is but slight throat troubles. The temperature usually from 102 to 105. In malignant or most dangerous form, the temperature rapidly increases from 103 to 107, the throat troubles are greatly augmented and the severity of all symptoms rapidly increase, and many succumb and die within a few days.

There is no disease that is so general, and productive of so great mortality as scarlet fever, and there is no disease where mother or nurse should more fully understand the care and treatment of, than in this one, hygienically speaking. The communicability of scarlet fever is established beyond doubt. The infectious miasma will retain its morbific powers for an indefinite period of time. Children have been known to be attacked by scarlatina by returning to a house and sleeping in a room where but one case had existed

months before. The poisonous virus may hang in a cob-web, paper on the wall, window curtains, carpets, upholstered furniture, bric-a-brac, play-things, bedding, in fact anything that comes in contact with it may be the means of communication. It will be carried in the clothes of physician or nurse and others visiting scarlet fever patients. It may hang to a watch chain or finger ring, sent by letter or received through some token of affection. The distance to which this disease becomes contagious is from two to three feet. Any of the discharges, from ears, nostrils or exfoliations of the epidermis may retain the virus and convey the disease several weeks after the fever has terminated. There is no known preventive. Belladonna was thought by some medical writers to be a prophylaxis but it has failed to be established as such. *Complete isolation*, should be secured, if possible, allowing no communication between the attendant and other children. Carpets, curtains and everything that cannot be burned or disinfected should be removed to prevent the infection from clinging to the room. Fresh air must be freely admitted, and all secretions passed into disinfected vessels. The close observance of these rules are the only ones known to prevent the disease from spreading through a house. Heat at 212 ° F. destroys the poisonous principle.

The treatment paramount to all others consists in hygienic, palliating and sustaining.

The child should be taken to a room where all unnecessary trappings, such as curtains, carpets, furniture, etc., have been removed from. The room should

be large and well ventilated. The bed clothes should be sheets, blankets or light quilts that can be washed. A fire should be kept in the room and the windows left open from top and bottom about three inches. Draughts should be avoided; cloths saturated with disinfectants hung around the room. The bed-linen should be changed every day, but should never leave the room until disinfected. Everything about the room must be kept perfectly clean.

The patient should be given a plunge or pack bath, in tepid water, *never cold water*, into which some mustard has been thrown. The frequency of the baths will depend upon the condition of the patient. Never permit a chill to occur; sponge the body frequently with warm water with a little soda added. The whole body should be greased with cocoa, butter, sweet oil, or good fresh lard every night and morning. An infant at the breast should be kept at the breast.

The diet must be simple and nutritious, viz.: Beef essence, milk, cream (lime water should be added to the milk), ice cream, chicken or mutton broth, milk toast, gruel, light puddings, lemonade, jelly water, egg-nog, and mucilaginous drinks. The food and drinks must be given in small quantities and more frequently. The drinks can always be iced. The bowels should be opened if needed by injection or gentle aperient.

The external treatment for the throat is a slice of salt pork cut thin, and reaching from ear to ear; counter-irritation produced in this manner causes little suffering. Hot and cold applications are useful, but

from the liability to chill, and the usual irregularity of application more harm than good often results. Mild cases of scarlet fever require but little else than careful watching and nursing. The most judicious medication is required under all circumstances, and complications must be met as they arise. At no time are depressing measures, either hygienic or medical, admissible. Alcoholics in small doses in the malignant form will be of great service in helping to sustain the system.

Convalescence from scarlet fever is the time to be cautious and firm. The child must be kept home during the whole period of desquamation, as the disease is undoubtedly contagious during the whole of that time. The convalescent must be warmly clad, wearing flannel next the skin, and have a generous and simple diet.

The Sequelæ to scarlet fever are numerous, various and dangerous. They require the most efficient and skillful nursing and management under the advice of a competent physician.

The New York Health Board have adopted the following regulations against scarlet fever and it would be well if they were tacked up in every house in the land.

"*Care of Patients.*—The patient should be placed in a separate room and no person except the physician, nurse or mother allowed to enter the room or touch the bedding or clothing used in the sick room until they have been thoroughly disinfected."

"Infected Articles.—All clothing, bedding or other articles used about the patient, such as sheets, pillow-cases, blankets or cloths must not be removed from the sick room until they have been disinfected by placing them in a tub with the following disinfecting fluid: Eight ounces of sulphate of zinc; one ounce of carbolic acid; three gallons of water. They should be soaked in this fluid for at least one hour, then placed in boiling water for washing. A piece of muslin one foot square should be dipped in this same solution and constantly suspended in the room and the same should be done in the hall-way adjoining the sick room."

"All vessels used for receiving the discharges of patients should have some of the disinfecting fluid therein and immediately after use be emptied and cleansed with boiling water."

"Water closets and privies should also be disinfected daily with the same fluid or a solution of chloride of iron, one pound to a gallon of water, adding one or two ounces of carbolic acid. *All straw* beds should be burned."

"It is advised not to use handkerchiefs about the patient, but rather soft rags for cleansing about the mouth and nostrils, which should be immediately burned."

"The ceilings and side-walls of the sick room after removal of the patient should be thoroughly cleansed and lime-washed, the wood-work and floor thoroughly scrubbed with soap and water."

In summing up the whole the essential elements

for prevention are separation and disinfectants. For the essential treatment, hygienic, palliative and sustaining. (See Formulas.)

Diptheria is a disease also to be dreaded in childhood. It has many complications and unfavorable sequelae. The primary seat of the disease is the mucous membrane of the tonsils, palate and nares. Diptheria varies much in its character, sometimes so mild that the general and local symptoms are but slight, again the attack is so severe that life is endangered from the very beginning.

Diptheria is contagious and like scarlet fever isolation and disinfectants are a necessity to its prevention. The period of incubation is from three to eight days. It is no respecter of persons or condition of society, attacking alike the rich and the poor, entering the palace as well as the hovel, nipping the choicest buds wherever it may. The "Chinese race" seems to be the only one possessed of an immunity from this disease. It will recur in the same individual but usually less severe than the first time.

There is quite a family resemblance between diptheria, croup, scarlatina, and idopathic erysipelas.

The treatment of diptheria, like all other infectious diseases, must be hygienic, palliative and sustaining. The same rules for the treatment of scarlet fever will be applicable in diptheria. Ice and lemons are always beneficial and can be used unlimitedly. Bleeding, blistering, counter-irritants, and "burning out the throat," (as it was called) in the treatment of diptheria, are worse than useless and should never be

resorted to. When the larnyx is affected and death from suffocation seems imminent, laryngstomy should be performed at once, if the lungs are in a healthy or good condition, so do not hesitate to allow the physician to use the last remedy in his power.

Among the formulas I give for the treatment of diptheria, one used by Dr. Justin Hayes of Chicago, for over 20 years in his private practice with the most wonderful success.

Parotitis or Mumps is an acute contagious inflammation of one or both parotid glands, situated one on each side of the jaw. The disease usually reaches its severity in from three to five days, then gradually subsides.

The treatment must be simple. The bowels relieved by a saline cathartic or injection, warm fomentations to the throat. The patient must be kept warm and dry, as damp is very conducive to mumps. Should the mammae or testes be attacked, the local treatment should be directed to them. Under no circumstances attempt by blistering or other methods to bring the return of the disease to the parotids after it has once left them, no matter where it has settled as it is a dangerous practice.

Thrush or sore mouth is very common in infants, particularly those hand-fed. The symptoms observed are little white specks like "curd milk" covering the mucous membrane of the mouth, tongue and fauces. General constitutional treatment will have to be attended to, perfect cleanliness observed with the spoons and vessels used in feeding the infant. The mouth

must be washed out after each feeding. The bowels must be regulated and the acidity of the stomach corrected by the use of lime-water, magnesia etc. See formulas.

Night-Terrors. Many children suffer from night-terrors or frightening in their sleep, and it often causes great distress and anxiety to the parents. It rarely if ever depends upon cerebral troubles, but seems to be entirely of gastric or intestinal origin. Dentition or constipation may produce them.

The treatment of such cases should consist, first of kindness and patience. The little sufferers should, be soothed and quieted as gently as possible, for unkindness or harshness only increases the terrors.

The child should by no means sleep alone, and a light should burn in the room at night. If constipation be present it must be relieved by a gentle laxative or injection. The diet must be regulated to simple, nutritious food and easy of digestion. Some good tonic should be given. See formulas.

CHAPTER VII.

DISEASES OF WOMEN.

Diseases of External Parts—Eczema—Acne—Excoriations—Diseases of Vaginal Canal—Inflamations—Ulcerations—Tumors—Prolapsus—Uterus—Natural and Physiological Functions—Menstruation and Gestation—Puberty—Stage of Transition The Care During this Period—Lympathic and Hygienic Menstruation—Maximum and Minimum Time of Commencement—Normal Appearance—Cause of Menstruation—Vicarious Menstruation—Suppressed or Irregular Menstruation Dysmenorrhea or Painful Menstruation—Profuse Menstruation—Climacteric Period or Change of Life—Treatment and Cure.

Woman's inherited weakness, false teaching, mock-modesty, and ignorance of the natural laws governing her relation to life and health, have transformed her into a mere shadow of what old mother Eve was, if historians give us a correct photograph. Woman is not weak by reason of her sex, neither is it natural for her to be diseased or deformed and to have to suffer pain "all the days of her life." Pain, disease and suffering are results, and not a curse, as ignorance and superstition have tried to make her believe. Self-preservation is the first great law of nature, yet woman is the last to learn it. As long as she can drag one foot after the other she goes filling the demands of society or home. There can be no greater misrepresentation than that

fashionable, novel-reading-lives kill the most of our women or produce her diseases. Those who lead such lives have time and means to take care of themselves. If they dance all night they sleep all day. They are relieved from the care and anxiety of providing food and clothing for their little ones (if they have any). Money buys nurses and governesses and they have no heavier care than a poodle. This class does not number one per cent. of our women. "Worked to death" would be an honest epitaph written on the tombstone of the majority of women who fill premature graves. The cause of her weakness and disease could be enumerated as over-work, no time to rest, no sympathy, no knowledge of the physical laws which govern her, no systematic teaching before-hand of how to fill the great responsibility of wife and mother, no hygienic or dietectic knowledge of how to care for herself and children; all these and a legion of others might be ascribed as the causes of her diseases either primarily or secondarily. Times are awakening and women are beginning to read and inquire for themselves the "whys and wherefores" of all this disease and suffering; and the day is not far distant when hygienic and physiological societies will thrive in every town and hamlet, then will we have healthier women, happier homes, better children and more manly men.

Diseases Peculiar to Women.—In the beginning of this book I gave the anatomy and physiological functions of the generative organs. I now take up the diseases incident and peculiar to them. The disease most common to the external part is some form

of skin disease. Eczema and acne being met with more frequently than any other and there is no disease to which the human body can be subjected not to endanger life that will cause as much suffering to the victim as either of these when they become chronic. These diseases generally appear about the time of and after the change of life.* I have had old ladies tell me they often felt death would be a relief, so instense were there sufferings from the incessant itching, which is generally worse after retiring, owing to the warmth of the bed; it is also greatly aggravated when urinating, particularly if the urine is acid. Excoriations often occur in younger persons and children, the result of filthy habits, acid-urine, uncleanliness and leucorrhea, causing the subjects to scratch until they are raw and bleeding; it may also proceed from specific diseases such as gonorrhea, syphilis and other acrid discharges from the vagina.

When there are any discharges they must be removed before relief can be effected. Hot sitz baths, three or four times a week into which some soda has been thrown will always be beneficial. The parts should be washed twice a day in water just as hot as it can be borne; carbolic acid soap should be used or a few drops of the acid put in the water; the local application should be applied vigorously at least three or four times a day and always just before retiring. Nothing will ever be accomplished by dallaying with this disease. If the bowels are constipated they must be relieved by injection or some saline aperient. If the

*Climacteric period or Menopause.

constitution is debilitated or has any blood impurities some tonic and alterative must be taken.

Perfect personal cleanliness must be attended throughout. A variety of remedies will have to be selected, as what will relieve one will not affect another For the most successful see appendix.

The external parts are subject to various diseases, such as mumps, diptheria, catarrh, scrofula, boils, acute inflammations, etc. When present in these parts they must be treated the same as when occurring elsewhere.

The vaginal canal leading to the uterus may be the seat of various diseases. The most common are inflammations and prolapsus or falling of the vaginal walls. Many times falling of the womb is the result of the relaxed condition of the vaginal canal. Tumors may exist but are quite rare. Inflammation and ulceration of the vagina are often the result of injury from attempted abortion, or the wearing of foreign bodies such as pessaries.

Tumors should never be meddled with except by the most skilled surgeon. Inflammation and ulceration are best treated with the hot Sitz baths; hot water vaginal injections to which a few drops of carbolic acid has been added, two or three times daily. For an injection never use less than half a gallon of water. The bowels must be kept in an easy condition. The diet regulated and habits of personal cleanliness strictly observed. Take all the rest possible, and use any of the tonic and astringent washes given in the appendix.

Prolapsus of the vagina will be treated of with prolapsus of the womb.

Malformations may exist, and whenever the natural functions and relations of these parts cannot be performed without causing distress or pain, medical advice should be sought and the cause alleviated or removed.

THE UTERUS.

The natural physiological functions of the uterus are, menstruation and gestation. There should be no debility, weakness or pain attending either of these if women were in a normal condition. The Indian squaw stops beside the road, passes through the stages of labor without chloroform or forceps, attends to herself and pappoose, and in a few hours goes on her way rejoicing. Owing to the unnatural mode of living, the long-continued violation of the natural laws governing health by our ancestors and ourselves. Pain, disease and suffering are the results, and all we can now do is to mitigate and relieve them all we can by proper hygienic laws and the art and science of medical and surgical knowledge.

Puberty. When the menstrual flow has been established or the time has arrived that it should be, a girl is said to have reached the age of puberty. Then she begins to change in all her tastes and habits. She is nervous and excitable, generally feeling there is no place she fitly belongs. But few of our girls receive the proper maternal care and confidence they should during this transitory stage from childhood to womanhood. The seeds of future disease and vices

are sown more during this period than at any other time in life. The whole system undergoes a change, The nervous forces are excited to their fullest extent. and must have an outlet. The present mode of living, the diet, the excitement surrounding them of various kinds are all conducive to augmenting their excitability and like a sur-charged Leyden Jar they must find relief in something or somewhere; and if the love, sympathy, confidence and care is not found at home they will seek it elsewhere, and too often through the most corroding of vices—masturbation or the associations of improper companions of both sexes. These are plain facts which stare every mother in the face, and she can no longer shut her eyes and pretend ignorance and modesty and see her daughters filling premature graves or worrying through life the victims of disease and vice from which no moral suasion or legislation can ever redeem them.

If girls and boys pass through this transitory stage (for boys have the same transition from boy-hood to manhood that girls have) without becoming contaminated with any degrading habits or associations they have nine chances out of ten to withstand the storms of temptation that will cross their pathway in the future.

The care during this trying period must be sympathetic and hygienic. The child should be told what is expected to happen, the nature and cause of it, all being purely natural and of as much importance if not more than the function of any other organ of the body. Ignorance does not prevent anyone from feel-

ing, neither does it prevent the organs from performing their natural functions and much better had the child learn of these things, their care and results from the confidential, sympathetic and chaste language of father or mother than from any other source.

All circumstances tending to cause over-due excitement or nervous irritability must be avoided. They should not be kept too closely in school or pushed too hard in their studies; three or four hours practise daily at the piano is very injurious at this time. They should have plenty of out-door exercise, and enough physical and mental labor to occupy their time without over-work. The diet should be plain and substantial, consisting of meat, vegetables and fruit, meat not oftener than twice a day. Tea, coffee, and all stimulating drinks should be avoided. Milk and water take their place. Habits of personal cleanliness must be attended to regularly. The general health kept in a good condition and all the organs performing their functions naturally, constipation relieved by injections or mild aperients. The circulation stimulated by tepid salt sponge baths and massage. If the feet are cold, warm mustard foot bath at bed-time or rubbed well with capsicum and whiskey will bring relief. If any one is so situated that they cannot have physical labor for their children, let them exercise with dumb-bells, Indian clubs, Goodyear's rubber gymnasium, etc.

Let me again warn parents not to neglect their most important duty to their children during this period of their childhood.

Menstruation—May begin any time from ten to sixteen years of age. In warm climates women mature much earlier than in cold ones. We have a few instances on record where children have menstruated from birth and become mothers at eight and ten years of age. On the other hand we have recorded where women never menstruated and never became mothers. These cases are rare, and cannot be fully explained. They are freaks of nature, who has many "ways that are dark and tricks that are vain" so far as the physiologist or anatomist can ascertain.

When the maximum time has arrived and there is no sign of the menstrual epoch—if the girl is in good health and full of spirits and life and there are no other unfavorable symptoms she should never be *doctored* or dosed. I fully believe many girl's health has been ruined by trying to force nature before she was ready. As long as the health continues good no uneasiness need be felt, for nature will bring all things right in her own good time. On the other hand should the system be weakened and debilitated, should any inherited disease exist or any abnormal condition whatever be present our attention must be directed immediately to the improvement of general health. As good health is an absolute necessity for the healthy fulfillment of this function.

The menstrual flow should appear when in a normal condition once every 28 or 30 days, lasting anywhere from 3 to 7 days; the color should be red, and it may often have small clots or shreads pass off with it, which, from my investigation I believe to be per-

fectly normal. Though many doctors think otherwise. My inquiry into over 200 cases I have found the majority passed clots. The quantity of the flow averages from three to eight ounces. Conception can take place any time after menstrual flow is established. The cause of menstruation is due to the ripening of the ovum, but the source of the blood is yet a mooted question. There are many theories but none have been proven. That the uterus sheds its mucous-membrane during this period there can be no doubt. From my personal observation in several cases I have found the membranes among the discharges in shreds and on one or two occasions passed almost entire.

When the flow cannot pass off by the natural organ it will seek an outlet through some other channel—such as spitting of blood from the stomach, which is often mistaken as coming from the lungs. There may be nose bleed—and it has been known to ooze from the ears and eyes and through the skin in various ways—as eruptions, boils, etc. This is called vicarious menstruation and is always the result of retained menses from some obstruction. Retention of the menstrual flow will induce enlargement of the abdomen, and not infrequently many a sensitive girl has suffered from evil suspicion on this account—as retained menses for any period of time will produce the various symptoms of pregnancy. The retention of the menstrual fluid is either in the uterus or vagina, and comes from either a closure of the outer or inner mouth of the uterus, stricture of the vaginal canal at some point or from an imperforate hymen. When

such symptoms as vicarious menstruation, with enlarged abdomen, pain, flushed face, headache, etc., appears and disappears monthly, the advice of a skilled physician should no longer be delayed, as these symptoms will admit of no neglect. Nature will burst the bonds at some point and a fatal termination may result at any time. I call your attention to these causes and symptoms of retained menses, that you may know them and "nip their evil consequences in the bud."

Suppressed or irregular menstruation results from many causes, but is most frequently an evidence of failing health. Sudden emotion of joy, grief or fear may arrest them. The suppression or irregularity is often a fore-runner of consumption, especially where there is a hereditary diathesis. They may be arrested from exposure to sudden cold or dampness. When such is the cause a hot water vaginal injection, hot applications, the bowels freely moved by a saline cathartic, rest in bed with warm, stimulating drinks, will generally give relief. When there is general debility or failing health, the treatment must consist in building up the constitution, all laws conducive to health must be observed. Baths taken regularly, constipation relieved, good nutritious food eaten, exercise daily in the open air, avoid sedentary employments.

The most valuable medicinal remedies will be found in the appendix formulated so they can be used.

Dysmenorrhea or painful menstruation may arise from a variety of causes. Congestion, neuralgia,

inflammation, disease of the cavity of the womb, obstruction from displacements such as flexions or versions, contraction of the mouth or neck of the womb, or it may be from ovarian troubles. When from ovarian difficulties the pain will be some two or three days before the flow, when from obstruction the pain begins about the commencement of the flow; when from congestion, after flow has commenced and then partially subsides; when depending on disease of the cavity of the womb, the pain may last all the way through the menstrual period; when neuralgic the pain will be worse during the flow and will not be stationary.

The treatment for painful menstruation must depend upon the cause which produced it. In girls and unmarried ladies a digital, or speculum examination should be the last resort. (It has become so fashionable for almost every young man (or old one either) upon leaving medical school to arm himself with a speculum, uterine sound, and a pair of forceps, and every woman he may chance to meet who has any ailments whatever, from a bald head to an ingrowing toe-nail, they will insist on making a uterine examination to find the cause; all other organs and diseases are ignored, indeed the time has come when it is considered hardly natural for a woman to have a stomach, liver, or a pair of kidneys.) The general health must be looked after. The bowels kept in an easy condition, warm hip baths, applications of heat, either moist or dry, whichever is most agreeable to the patient; hot water vaginal injection to which a little laudanum

has been added; rest in bed, belladonna plaster applied to the lower part of the spine and abdomen, to be worn continuously. For medical remedies, constitutional and local, see appendix. When all these fail after having been given a thorough trial, then an examination is a necessity and all questions must be set aside in reference to propriety, etc.

Profuse menstruation arises from many causes. Inflammations, congestion of the ovaries or womb. It may be produced by tumors, both fibrous or polypoid. There is no abnormal condition more debilitating than uterine hemorrhage and there should be no time lost in ascertaining the cause and removing the same.

For the treatment of all *uterine hemorrhages*, the first important step is quiet, and rest in the recumbent position. The feet elevated (place blocks under the foot of the bed.) Tonics must be taken and the general system kept in good condition; relieve the bowels by injection when needed. Stimulate circulation by rubbing or massage, hot water vaginal injections with some astringent added. Common tea made very strong will be useful; alum, sulphate of zinc, perchloride of iron, etc., are all useful remedies. When flooding is so profuse that life is endangered, the vagina should be plugged with cotton tampons, saturated with any astringent nearest at hand, (vinegar will answer) lower the head, elevate the feet. Administer *hot milk*, beef essence or tea, egg-nog, brandy, whisky, or any spirituous liquors in from a teaspoonful to a tablespoonful doses every ten to

twenty minutes. It is always advisable to send for a doctor as soon as possible. In all hemorrhages delays are dangerous. For formulas for medical remedies see appendix.

Climacteric Period or "Change of Life" usually begins from the fortieth to the forty-fifth year. If menstruation began early the change can be looked for early. The womb has filled the object of its creation. The ovums have all ripened and been cast off and there is no more work for these organs. If a woman passes through this period and has her health and no uterine troubles, if she will observe the laws of hygiene and take care of "No 1" in the future, she will have a green old age.

Like the beginning of the menstrual epoch, the closing is a natural function and should pass off without any pain or disturbance, and if women were healthy such would be the case; but as it is otherwise we must do all we can to alleviate and prevent disease and suffering. There is no period in a woman's life (except during pregnancy) that she needs so much sympathy and kindness as at that time. There is no period in her life that she is so sensitive and nervous as then. But few men know how to appreciate this critical period in a woman's life, and many a woman finds a premature grave rather than complain; literally starved to death for affection and sympathy. As a rule the most consolation a woman gets when she goes to consult a "man doctor" is that "she will probably be better when the change of life is over" and he will give her a little quinine or iron and send her home.

I am glad to notice that women are beginning to realize some of their needs and if there is no one else to sympathize and care for them they will look after themselves, and there is no better way to insure health and happiness and that "she will be better when the change is over" than to carry out all the laws of hygiene.

At the beginning of this period every organ, stomach, liver, kidneys, etc., must be put in the best possible condition. Constipation never be permitted to exist, all stimulants avoided, all excitement and worrying must be averted. *Rest*, absolute *rest*. I do not mean by *rest*, idleness, but that a woman shall not work until she is tired and exhausted and still work on. When she feels like laying down let her lay down, if "the man" has to cook his own beef-steak. The circulation must be stimulated by tepid salt sponge baths at night, and good rubbing with a soft coarse cloth in the mornings. If the system is weakened and run down, some good tonic and stimulant should be taken and I know of none more beneficial or pleasant to take than a preparation of "beef, wine and iron." That manufactured by Weyths of Philadephia has given better satisfaction in my practice than any other I have used, owing to its purity and freshness. Plain "Hop tea" will often be of great service in assisting to tone up the system and quieting the nerves. For nervousness with depression of spirits and pin feathers all turning the wrong way there is no better remedy than the "sweet scented assafoetida," from 8 to 10 grains daily, or the tincture may he taken.

If it does not agree with the stomach it may be used in suppositories, and inserted in the vagina or rectum. The flatulence at this period may be relieved by regulating the diet, eating smaller quantities and oftener. For medicinal remedies see appendix. Pulsatilla in from three to five drop doses, three or four times a day, will be found useful for flushing in the face, it will also be greatly relieved by keeping the bowels loose, the skin in active condition, the diet regulated by the habits and demands of the patient. If tea and coffee have been used they need not be discontinued. Moderation is what is required. Let every woman learn that it is a religious duty to take the best possible care of herself and we will have less suffering and more healthy old ladies.

CHAPTER VIII.

DISEASES OF WOMEN (Continued.)

Displacement of the Uterus—Anteversion—Retroversion—Anteflexion—Retroflexion—Prolapsus or Falling of the Womb—Causes of Displacement—Predisposing and Exciting—Treatment—Constitutional and Local—Diseases of the Cavity of the Womb — Inflammation — Congestions — Ulcerations—Catarrhal Affections—Characteristic Discharges—Tumors and Cancers—Leucorrhea and Abnormal Discharges—Some Mistakes—Spinal Troubles diagnosed and treated as uterine diseases—Gall Stones treated as Ovarian Tumor—Laceration of the neck of the Womb as Cancer—The Cautery Used and Pessary Worn for an Abcess on the liver—Warning Words.

Displacements of the Uterus—Flexions, versions and prolapsus or "falling of the womb" are the most common displacements. The causes are many and various, but will all come under the head of predisposing and exciting. Women of enfeebled constitution, pale skin, poor circulation, flabby, relaxed muscles, cold extremities, and scrofulous or consumptive diathesis are strongly predisposed to uterine diseases.

Versions of the womb are where the fundus or top of the womb turns either forward or backward. When turned forward or against the bladder, there will be difficulty in urinating, a constant uneasy feeling in the lower part of the abdomen and region of the bladder, a desire to urinate frequently with more or

less difficulty and seemingly no relief. In retroversion or where the fundas turns backward the greatest trouble will be in the rectum. There is often irritability of the bowels, tenesmus or straining at stool, constipation or diarrhea. If the womb is diseased or enlarged all symptoms will be greatly aggravated. Anteversion is far more frequent than retroversion, and the prominent diagnostic feature of each is that in the first we have the *urinary* troubles with the constant desire to urinate; in the second the rectal troubles with the constant desire to go to stool and never appearing to get relief.

Prolapsus of the uterus is the most common of all displacements. The symptoms are different from *versions*. There will be a pulling or dragging down sensation, pain in the lumbo-sacral region, *real backache*, pains extending down the legs, general weariness, all symptoms increased after exertion, walking or standing being almost intolerable. The nervous system is affected and general discouragement ensues, as relief comes only in the recumbent position, and many times the victim being unable to sit, stand or walk. In some strong constitutions prolapsus will exist for years, it having come on gradually and no material suffering is ever experienced. I once met an old lady who told me she had been washing for a living for 15 years and her womb was entirely on the outside all that time; she stated it rarely gave her any trouble and when it did she just put it up and tied a bandage about her.

All organs will accommodate themselves to simple

displacements if there is no other disease or diseases existing; but there is nearly always more or less irritation, inflammation, general debility, constitutional weakness, etc., existing, and there are few spontaneous cures. As I have said the causes for these displacements may all come under the head of predisposing and exciting. I have given the most prominent causes which predispose to displacements. Among the exciting causes may be mentioned, pressure from engorged intestines, stomach or liver. It may be from a tumor. Coitis is more frequently the cause of versions than is generally supposed. The frequent bearing of children will produce prolapsus; a weakened and relaxed condition of the vaginal canal or prolapsus of the vagina will assist in causing falling of the womb. Habitual constipation will often produce uterine troubles among them the displacements. Many times these displacements are accompanied with a discharge which is always the result of a diseased condition of the womb.

Treatment of displacements consists first in removing the cause if possible. When there is pressure or weight from above a good abdominable supporter must be worn (Fitch's has given me the best satisfaction.) Congestions and inflamations must be removed, this is best done by *hot water* vaginal injections, sitz baths, local application of sedatives, saline remedies for keeping the bowels in an easy condition (granulated citrate of magnesia, manufactured by Lord, Stoutenburgh & Co. of Chicago, is the best), and *absolute rest* (feet elevated in prolapsus). The gen-

eral health must be put in good order, if weakened or debilitated tonics taken. If the digestive powers are weak the diet must be regulated. The liver and kidneys kept in good running order, circulation stimulated by massage and tepid salt sponge baths. Various astringent and tonic washes must be used to strengthen and contract the weakened and relaxed condition of the parts. A strong decoction of common tea or oak bark will contract the walls of the vagina and strengthen them. Alum and sulphate of zinc may be used with great benefit, about a teaspoonful of either dissolved in a tea-cup of warm water, to which should be added a teaspoonful of laudanum and injected into the vagina where it should be retained from ten to twenty minutes. These washes should be used with a *hard rubber* vaginal syringe with a *shield*, which holds a sufficient quantity to be medicated. In prolapsus the womb can be pushed up with the syringe, and retained while using it, and with a little careful experience in versions the syringe can be used so as to turn the womb in the proper direction.

The vaginal canal should be thoroughly cleansed with hot water before the medicated wash is used, then the recumbent position should be taken as it will be much easier to retain the astringent injection. Cotton tampons medicated can often be used by the patient with a little practice. The way to prepare them is to take a piece of white cotton-batting, about the size of an egg, wet in water, tie a string around it, leaving ends of about four inches for to remove it by. This

can be medicated and inserted every other day, letting it remain from 12 to 18 hours. In falling of the womb they will assist in keeping it up, in versions they will assist in replacing it, if properly adjusted back or front as required. A woman should always lay down after taking a bath or vaginal injection and rest from one to two hours. No mechanical appliance such as *pessaries* should ever be used. Pessaries have been a greater curse to women than any other appliance ever invented for her benefit. I know they have been invented, recommended and used by the most eminent physicians and the "man doctors" generally. There would be just as much sense and judgment to insert one of these hard rings in the rectum for a prolapsed bowel, or in the back part of the mouth to support the uvula when down as there is to place one in the vagina to cure prolapsus, versions or flexions. In a few instances when the faith in the physician was strong and the imaginations powerful they may have seemed to give temporary relief, but no cure has ever been effected by them, and ninety-nine times out of every hundred they have done harm. The whole theory upon which *pessaries* have been used is at war with physiology, hygiene, and common sense, and should be condemned by all intelligent doctors and *women*. I have removed pessaries when they have been ulcerated nearly their depth into the womb and walls of the vagina. Inflammations and ulcerations nearly always result from their use, and instead of strengthening and contracting the relaxed and weakened vagina they only put it on the

stretch so it will become more weakened, which is fully demonstrated by often having to exchange the first one for a larger one. Pessaries are many and various in shape and kind; each physician will have his favorite, and "the one" he uses will never do harm. Heed him not! for take them in what form you will they are the "infernal machine" of either ignorance or lazy doctors used to prolong the suffering of womankind.

Flexions of the womb are where the neck is partially or wholly bent upon itself, either forward or backward. This displacement is of rare occurrence, and may be either congenital or acquired. The most prominent difficulties arising from flexions, when no other disease exists in the uterus, is painful menstruation and sterility. The relief or cure of flexions is always protracted. Relief can only be obtained by patience and perseverance of both patient and doctor. As the treatment is mechanical, it must be performed by a skilled physician. If any pressure from above it must be relieved by wearing the abdominal support, then the passing of the uterine sound, dilatation, etc. Dilating just before the menstrual period will greatly relieve the dysmenorrhea. Should pregnancy occur, a cure may be permanently produced. Some physicians and writers have recommended and used the knife for the relief of this displacement. Let me say, beware of knives, for they may rip what they cannot sew.

Ulcerations and Diseases of the Cavity of the Womb.

Ulcerations of the neck of the womb are usually associated with disease of the cavity. It rarely exists alone. Catarrhal affections are, by far, the most common form of disease. The mucous membrane lining the vaginal canal and womb is liable to be affected the same as the mucous membrane lining any other part of the body.

Ulcerations of the womb usually begin the same as cold sores on the lips and gums, and are produced by the same causes. Colds and exposure, such as getting the feet wet, clothes damp around the ankles, not wearing sufficient underclothing, being exposed to cold draughts in privies, particularly at the menstrual period, and a dozen other ways in which women expose themselves.

These troubles are in nearly every instance accompanied by a thick discharge. The characteristics may be various, varying from the thin white glairy mucus to the yellowish green discharge, often streaked with blood, and not unfrequently very offensive. This discharge is very poisonous, and may be transmitted to the second party through cohabiting, or if any of the virus comes in contact with an abraded surface or the eyes, the poisonous effects will soon be demonstrated. All diseases of the womb are greatly increased by over-exertion, either walking or standing. The long-continued standing of sales-ladies in stores, etc., tends greatly to produce and aggravate uterine diseases. The running of sewing-machines is another of the most important elements conducive to increasing inflammations and diseases of the womb. Any of

these diseases may be treated by the patient herself, if taken at the beginning, when the first symptoms appear, such as abnormal discharges, pain in the pelvic region, heat, burning sensations, nervous debility, and a general weakening of the whole system, back-ache, etc.

The treatment must consist of both constitutional and local. Tonic remedies taken. If scrofula is in the system, it must be counteracted by alteratives. Constipation must be removed, sitz bath three or four times a week, staying in the water from ten to twenty minutes each time; circulation stimulated by salt sponge baths and thorough rubbing, cold feet relieved by bathing and rubbing with capsicum and whisky; rest as much as possible; hot water vaginal injection two or three times a day. I do not mean *tepid* or *warm* water, but water just as hot as it can be borne; *never use cold water*, as it will invariably do more harm than good. The amount of water used at each time should be from one-half to a gallon. A few drops of carbolic acid should be put in the water, or a suds made with carbolic acid soap. It is absolutely necessary to have a good syringe for cleansing and irrigating purposes. The Davidson syringe, or some one after that style, is the best, and the hard rubber vaginal syringe, with shield for the medicated wash; cotton-tampons, as before described, will be useful, properly medicated.

Belladonna, opium, or aconite plasters, placed across the back and lower part of the abdomen, will assist in giving relief, when there is pain and aching.

For the best topical remedies, tonics, alteratives, etc., see appendix. In all uterine diseases thorough cleanliness of person is an absolute necessity; in uterine diseases when any inflammation whatever exists, coitis should never be indulged in. When ulceration or diseases of the womb have become chronic and are of long standing, then an intelligent physician should be consulted and the exact condition ascertained and treated accordingly.

It is sometimes necessary to use the cautery, but cauterizing womb troubles has become entirely too fashionable. Take the *cautery* and *pessary* away from the majority of "Man Doctors" and they would be at a loss to know how to treat the most simple case of uterine disease. Let every woman remember that three-fourths of the cure of all uterine diseases depends upon the care she takes of herself.

Leucorrhea or the whites, as they are usually called, are always a symptom of some diseased condition of the vagina or womb (excepting during pregnancy.)

Abnormal discharges of any kind from the system tends to weaken and debilitate it, and women who are predisposed to uterine diseases will have as a rule more excessive discharges than those of stronger constitutions. There seems to be no time of life that vaginal discharges may not make there appearances from the little baby girl to the full ripe age of three score years and ten.

The causes for leucorrhea are both predisposing and exciting, and the treatment given for ulceration

etc., will be the most successful for leucorrheal discharges of any kind.

I want to impress again the use of *hot water* in all uterine diseases, it must never be tepid or only warm, but *hot*.

Growths, *tumors*, etc., may exist in either the womb, vagina or ovaries; when such exist the treatment of them must be placed in the hands of some known, skilled phpsician. Let me make a suggestion, never be too hasty in having the *knife* used, and be certain the system has had at least two months' good general treatment, and is in the best possible condition it can be before any operation is performed. Many tumors will disappear when the blood is purified, the system built up and the proper topical applications applied.

Acute Inflammation of the womb or ovaries may both exist at the same time, the treatment for such must be *rest*, sedatives, heat moist or dry; when moist heat is used a fomentatien of hops with laudanum sprinkled over it will be the most beneficial. To keep it hot wring a towel or flannel cloth out of hot water every ten or fifteen minutes and lay on top, then place a dry cloth over that to keep in the heat and moisture and prevent the bed clothes from getting damp. Perfect and absolute rest and quiet must be observed under all circumstances. The diet must be light and nourishing, milk, beef essence, egg-nog, gruels, etc. No irritating cathartics must be given; the bowels can be relieved by some gentle aperient or by an injection, the latter being the most advisable.

Cancer of the womb is not a common disease and is rarely found before the change of life. There is no uterine disease so difficult to diagnose as cancer in its beginning. We read and hear of wonderful cures of genuine cancer. These cures are generally performed by empirics who would not know a cancer from a blood-boil if they were side by side. In fact any physician is very injudicious to decide on cancer until symptoms relative to cancer are fully developed.

When cancer once exists all that medical aid can do is to prolong life and make the sufferer as comfortable as possible. There is no uterine disease that is such a dread to womankind and none that is more incurable, and the only consolation that women have is that it rarely exists.

SOME MISTAKES.

As I have said, the treatment of female diseases have become so fashionable that all other organs and their diseases are ignored by most practitioners. A few of these instances which have come under my observation in my practice I will relate, that women may know how to suggest and tell for themselves some of their own feelings.

The first case was that of a girl 14 years of age. She had been suffering with painful menstruation for several months. Skilled physicians had been called, yet month after month passed and she got no relief. Her general health was giving away rapidly. There was a constant pain in her back. She had taken nearly the whole catalogue of remedies for painful menstruation, and received no mitigation of her dis-

tress. The attending physicians decided there must be some congenital malformation, and a uterine examination must be made. The girl not being willing to submit to such an examination by a male physician, I was called upon to perform that part of it. Before proceeding to do so, I made a thorough general examination. I immediately found spinal disease, lateral curvature, with a great deal of spinal irritation. I refused then to make the uterine examination. She was placed under my care. In three months she was free from pain, and wearing her Plaster of Paris jacket for her curvature with perfect ease. The girl had fallen, nearly a year before, on the ice, coming down on her buttocks. She suffered some pain at the time for a few weeks, but afterwards it was entirely overlooked.

A lady was stricken down, being unable to raise her head from the pillow for over five months. She was treated during all that time by eminent medical men, who pronounced her troubles uterine disease. The nature of it I could never ascertain. I was called to see her. I made a thorough uterine examination, finding no uterine disease whatever, nothing but the results of extreme cauterization, (as that had been the mode of treatment.) In my general examination, I found "Pott's disease of the spine" on the anterior processes of the lower dorsal and upper lumbar vertebræ. I prescribed a tonic (Weyth's Beef, Wine and Iron), good nutritious diet, and applied a plaster of Paris jacket. In three weeks from the time I was first called, she walked to my office, a dis-

tance of three squares. The last I heard of her she was canvassing for sewing-machines.

A case of ovarian tumor had been diagnosed, and an operation was decided upon. The lady wrote me about it (my being an old acquaintance.) I wrote her to be in no hurry about having the knife applied, but get her system in a good condition, for the chances of an operation were nine against her to one in her favor. Acting upon my advice, the operation was delayed. On going to stool, a few weeks afterward, she felt something break loose, so she described it, and pass from her, whereupon she fainted. On examining the stool, a hardened mass was found, nearly three inches in length, and a half-inch in diameter. This could scarcely be cut with a knife. Upon examination it was found to be gall-stones. Her health im proved rapidly, and no more tumor was ever heard of

A lady came to my office. She was so feeble she had to be assisted from her carriage into the office. She said immediately, "Doctor, I do not expect you to do anything for me, but I just want you to examine me." Her physician (who, by the way, is the author of a medical work on "Diseases of Women"), told her he could do nothing more for her, but to make herself comfortable, as she had plenty of this world's goods. Her trouble had been determined cancer. Upon examination, I found a lacerated cervix of the womb of four years' standing, which resembled very much a malignant growth. As her general health was very much impaired, she was put on tonics and stimulants, and her system put in as good condi-

tion as possible. When the proper time arrived, with skilled medical assistants, the laceration was stitched together. The operation was successful, and the woman entirely relieved.

Another case of an old lady over sixty years of age. Being in feeble health, and having a slight vaginal discharge (which is not uncommon at that age), she called in medical advice. His diagnosis of the case was "ulceration and displacement of the womb." So he used the *cautery* and inserted a *pessary*. For months the dear old lady suffered these tortures without any relief. All her other sufferings were termed reflex, caused by the uterine disease. Finally she died. A post mortem was held, when an abscess on the liver was found; no abnormal condition whatever of the pelvic viscera. There she had been wearing a *pessary* for months, and her womb cauterized every week for an *abscess of the liver*.

There is on record where the womb has been amputated, mistaken for a tumor, when found low down in the vagina, or protruding, as in prolapsus.

I hope, after these experiences, every woman who may read them will see the profound necessity of understanding something of herself and her diseases. May every woman realize that self-preservation is the first law of nature, and that *delays are dangerous* in all diseases, and that the laws of health must be observed, and tired, weary brain, nerves and muscles must be *rested*.

CHAPTER IX.

PREGNANCY.

Conditions under which it should Exist—Management of Pregnancy—The Mental, Moral, and Physical Conditions—The Diet, Longings, Morning Sickness and Vomiting—Profuse Discharge of Saliva—Abdominal Support—Out-Door Exercise—Leucorrheal Discharges—Pains in Various Parts of the Body—The Breasts—Premature Labor or Hemorrhages—Pregnancy and its Relation to Diseases—Management of Labor—Labor a Natural Function attended Without Pain in a Normal Condition—Elizabeth Cady Stanton—Premonitary Stage—Preparing the Bed and Clothing—Progress of Labor—Justifiable Crying—Use of Chloroform or Ether—Removal of Placenta or After-Birth—Care after the Termination of Labor—Feeding the Patient—Care of the Breasts—Conception—Sterility—Signs of Pregnancy—Abnormal Pregnancies.

No woman should ever become a mother who is not in perfect health; neither should a man ever become a father who was not in perfect health and without any hereditary diseases, and a sufficiency of this world's material to support a family. Could I have a say in the enacting of the laws governing the relations of life, I would have *contracting parties*, when they presented themselves for the necessary papers, pass through a medical examination, and if no transmissible diseases were present and the would-be lord of the house could deposit $20.000 to be kept and held in sacred trust for the maintenance of a family, the

proceedings might advance, otherwise not. I would have the human family propagated upon as elevated a scale as the brute family at least, and we are aware no person thinks of investing in diseased or deformed stock or fowls of any kind. While man knows as little of his relations to life and health we cannot make practical, great reforms in a single day, therefore we must make the best of the circumstances as they exist.

MANAGEMENT OF PREGNANCY.

Woman having conceived, every effort should be made to facilitate her health and happiness. Having previously shown that the mental, moral, and physical conditions impress themselves upon the unborn child, therefore it is of the utmost importance that all laws conducive to the improvement of these conditions should be observed. All mental anxiety and worry should be avoided. Enough of exercise should be taken, but not over-work. The strength must never be exhausted. We see how careful the owner of a fine brood mare is of her when he wishes to raise a healthy colt. To illustrate it: I once knew of a man who owned a fine brood mare; his wife and mare were expected to give birth to their offspring about the same time. In driving out one day they came to a steep hill; he *tenderly* asked his wife to get out of the buggy and walk up the hill, as he was afraid the load was too heavy and might injure his mare.

The Diet must be regulated to that kind of food which best agrees with the patient. Food should be taken more frequently and not in such large quanti-

ties. If there is any one thing that is more desired than others (called longing) at any time, the appetite should be thoroughly satisfied, as these things leave their influence, and many a mother can attest the truth of it. If the desire is for alcoholic liquors, satisfy it to the fullest extent or your child may become a drunkard. Some women do not suffer with these peculiar traits, and many of those who do receive but little sympathy. Let me suggest that the best way in the world to get sympathy is to sympathize with one's self. Sickness and vomiting at the stomach, the most annoying of sympathetic disturbances, will be greatly relieved by keeping the digestive system in a good condition. A glass of milk or cup of coffee taken before rising in the morning will often relieve it. A great variety of medicinal remedies aid in giving relief; and what will relieve one will not another. So many remedies will often have to be tried before the proper one is reached. Sometimes a morphia suppository, introduced per vagina, will give relief. If there is persistent sickness and vomiting, and all remedies fail to relieve them, a uterine examination shoold be made, as some displacement may exist which will help to augment the troubles. When all efforts fail and exhaustion seems inevitable, premature labor should be produced by some skilled physician. For a list of medicinal remedies and dose, see appendix.

Some women have a profuse discharge of saliva during the early months of pregnancy, which is very disagreeable and annoying. Astringent washes for the mouth should be used. Alum, tannin, hydrastis,

strong common tea, ice, and, sometimes, water just as hot as can be borne, held in the mouth, will give relief. Lime water, a table spoonful to half a glass of milk or water, will be found useful taken three or four times a day. *Stewed* fruits should be used abundantly. When the digestive powers are weak, as much of the food as possible should be in liquid form.

The bowels must be kept in an easy condition, never allow constipation to occur. Warm sponge, plunge or shower baths should be used daily to stimulate the functions of the skin, and keep them in an active condition. Plenty of fresh air and out-door exercise must be indulged in whenever convenient. Avoid undue mental excitements, immoral thoughts and indulgences. Try to be as healthy and happy as possible during gestation, as all have their influences. An abdominal supporter should be worn, such as I have previously recommended. Many women support themselves with an ordinary cloth bandage, getting great relief by so doing. The clothing should be worn loosely, or at least so the patient is always comfortable. An easy fitting waist or corset must be worn to support the breasts. When the feet become swollen, or the veins congested *rest* in the recumbent position should be taken, and the feet and limbs bandaged.

Leucorrheal discharges are very common during pregnancy dependent on the congestion of the generative organs. It may be at times very profuse and cause much irritation and also excoriation. When such is the case the parts should be washed frequently

with hot water and vaginal injection used with some astringent added to the water. The injection must be used gently and not copious during pregnancy as *hot water injection* frequently used may produce premature labor.

Pains may exist in various parts of the body. They are best relieved by local application. Belladonna, aconite, chloroform linaments, morphia, heat, etc. Often times the wearying of an abdominal bandage will give relief by removing the pressure.

Near the close of gestation the nipples should be bathed every day with bay rum, burnt brandy or some astringent wash and well manipulated; it will reduce the tenderness, increase the size and tend to avoid soreness in the future. The breasts and abdomen should be annointed at least once a day with some lubricating substance, as almond-oil, cocoa butter, vaseline, etc. The "goose grease" of other days will be as good as anything. When there is a tendency to premature labor or hemorrhages, perfect rest and quiet must be observed and a physician sent for without delay. *Coition* should never be indulged during pregnancy. An erroneous opinion existed for a long time that pregnancy retarded consumption. It has no material effect on it whatever; if any at all it would be of a detrimental character, as the already weakened vital forces would be less able to endure the changes which pregnancy naturally brings. Conception does not readily take place in a consumptive.

Pregnacy does not prevent the contracting of other diseases. To what extent it may increase some and

lessen others has not been definitely settled, but one thing we do know, the most judicious and careful treatment must be exercised during this time. On summing up the whole let every woman remember as soon as she finds herself pregnant the care of herself is paramount to *every* other *duty*.

Management of Natural Labor.—Labor is a natural function, and in the normal state should be attended with but little pain and need but little care. If all the laws of health are observed during pregnancy and no deformity exists the pains attending labor may be greatly alleviated. The so-called articles written about "Labor without pain" cannot be made practical in the degenerate condition of the human family as it now exists. Although I heard Elizabeth Cady Stanton say she had fully verified it by observing all the laws relative to health, and like the "female aborigine" of the forest, had attended to herself and babe, taken her bath and was quietly resting on her couch when the doctor reached her house.

The premonitory or first stage of labor varies at its time of beginning from a few hours to several days or may be weeks.

The uterus usually sinks into the pelvis when a general feeling of relief is experienced. Wandering pains will be observed. The discharges will be more profuse, and when tinged with blood (known as the show) it is a sign that labor is not far off. During this stage the patient should walk about all she possibly can for comfort, and everything got in readiness for the *finale*. The bed should be protected by a

rubber blanket. A quilt and sheet should be so arranged that it can be removed with all the debris and have a clean dry sheet underneath. Roll or pin up the night-dress intended to be left on; have a skirt fastened around the waist that can be removed without much disturbance; plenty of napkins and old cloths should be near at hand. Hot and cold water convenient. The pains become more frequent and stronger, many times leaving scarcely breathing room between them. If ever there is a time a woman is justified in crying out in her agony it is at that time. Never try to arrest it. A woman holding her breath and bearing down can greatly intensify the pains and prolong them, but there comes a point where most women must give vent to their sufferings.

Chloroform or ether can be used at this period with perfect safety, wet a handkerchief and at the beginning of each pain let the patient inhale it. As soon as the pain ceases remove it until the next one and so continue, never producing complete anesthesia.

If all things are normal the child will be born and no deleterious results need be looked for. The placenta or "after birth" should be removed immediately and no judicious doctor will leave the bed-side until it is. Labor should never be hurried with ergot or forceps. Nature must have her time when there is no abnormal condition. It is never safe to run any risks, and a competent physician should always be called as hemorrhages, retained placenta, or some other unlooked for event may occur. Labor having terminated, the debris should all be removed, the parts washed

with warm water into which a few drops of carbolic acid had been added. A dry napkin warmed and placed properly, the clothes all straightened out,a bandage placed loosely around the abdomen to be gradually tightened, a glass of egg-nog or milk taken or a cup of tea or coffee and a slice of bread and butter if desired. The patient should then be left in perfect quietness to *rest* and sleep. If too nervous to sleep give a sedative; lupulin, chloral, or a small dose of morphia.

Feeding the Patient.—The day is passed for panadies, weak tea and other *slops.* A woman who has passed through a confinement needs the best and most nutritious kind of food. Beef steak, baked potatoes, and *good* things generally. She should have her food frequently and in small quantities. Her drinks can be whatever she has been accustomed to using. Her bowels should be moved the second or third day by injection. If the urine cannot be passed it must be drawn with a catheter. The vaginal canal should be washed out every day with warm water in which some disinfectant had been put; perfect cleanliness must be observed. A bed-pan should be used, and every woman should lay quietly in bed from one to two weeks, notwithstanding how well she may feel, she needs the rest after having gone through such a trying ordeal.

At the first symptoms of sore breasts the milk should be drawn off and heat applied. Rubbing or kneading them is of the utmost importance and they can be bathed with belladonna or camphor.

Every woman should thoroughly understand how she should be taken care of and see that it is done.

No woman who is nursing can afford to have her strength exhausted by cohabiting. The time is fast passing away when woman will submit to being a brood mare and a domestic slave at the same time.

Conception may take place any time, but is more liable to occur the *first two weeks* after *menstruation*. *Acid washes* and *injections* will *prevent conception*, so women should be *careful* not to *use them*. I know many women use cold water injections to escape bearing children. Nothing can be more injurious, and the woman who values her health should not do so.

Sterility is the result of a variety of causes, and may depend upon the male as well as the female. In looking for the cause both should be examined.

There are no infallible signs of pregnancy. The greatest experts may be deceived. Every woman who has conceived is familiar with the common symptoms. Many women think if they feel motion they are certain of their condition, but this may be the result of other causes.

Abnormal pregnancies sometimes occur. The impregnated ovum may be arrested on its way to the uterus. It may be along the fallopian tube, or, by some unknown accident, fall into the abdominal cavity. Wherever the impregnated ovum lodges it wil, immediately attach itselt and continue to develop but rarely reaches maturity. Sometimes they become encysted at various stages of development, and will remain during life without much annoyance. There

is on record a case where a woman carried an encysted fœtus for fifty-six years. More commonly inflammation will set in, suppuration ensue, and open at some point either in the abdominal walls, vagina or bowels, or it may be in the bladder, and the bones and broken down parts of the fœtus will be discharged. This may last for years and end in recovery, but the proces is long and full of dangers and the patient usually sinks from exhaustion and the long-continued discharge. The causes of these extra uterine-fœtations is shrouded in mystery. Nature has many ways that are past finding out.

The treatment is yet a subject of much consideration, but is admitted by the best authorities that it is not advisable to pursue any active measures at the first.

CHAPTER X.

CHRONIC DISEASES.

The General Principles upon which they should be Treated—Diet—Bathing—Constipation—Exercise—Regularity of Habits—Patience and Perseverance—Constitutional and Local Treatment—Catarrh—Consumption—Kidneys—Liver—Scrofula—Headache—Rheumatism—Skin Diseases—Ulcers—General Care in the Sick Room.

There are a great variety of chronic diseases, and, as a rule, they must all be treated upon general principles. All diseases have their origin in acute diseases primarily. unless inherited, and only become chronic upon being allowed to continue. There is no part of the human body but may be the seat of disease, and there is no way to relieve or cure chronic diseases but through the most rigid observance of all laws of health. The simple use of any remedies, however valuable, will not be sufficient to cure disease without the laws of health are observed.

To begin the *treatment*, the diet must be regulated in both quantity, quality, variety and frequency. The patient can best determine for herself by a little observation what agrees with her and what does not. In all inflammatory conditions of the alimentary canal (stomach and bowels), food should be taken in as soluble condition as possible. The Dietary in the Appendix gives a list of the most easily digested food, from which any one may select a Bill of Fare to suit the most delicate or fastidious.

Constipation must be relieved, not by constant taking of pills and drastic cathartics, but by gentle laxatives, injections, kneading of the bowels, going to stool regularly, exercise for those of sedentary habits, a glass of cold water in the morning and at night, to which has been added a teaspoonful of salt; stewed fruits of various kinds, particularly prunes, figs soaked in a tea made of sena; oat meal or cracked wheat, when there is no irritation of the stomach. Soups and gruels of various kinds will often be very beneficial; some of the above will usually give relief.

Shower, plunge or sponge baths should be used when not counter-indicated by chilling. If baths cannot be taken, rub the body all over with a soft cloth. In very feeble constitutions, sponging with alcohol will be of much benefit; a proper amount of exercise and rest should also be taken.

All the muscles should be stimulated by action, but not over-exercised. Massage, or kneading with the hands, will stimulate the muscles to action. This is particularly good when the muscles are in a weakened or relaxed condition, or paralyzed. The skin must be kept clean; personal cleanliness is imperative. Clothing worn next to the person must be taken off and hung up every night to air.

These are the general principles upon which all chronic diseases must be treated. They must be attended to rigorously and continuously, until a complete cure is effected. The greatest trouble arising in the cure of chronic diseases is that as soon as the patients begin to feel better they become negligent, and

do not keep up the treatment as they should. There is no time during the treatment of chronic diseases that all the regulations should be adhered to so closely as when improvement begins, one day's dissipation or neglect will undo that which will require weeks to recover. Let every person bear this in mind, and never commence treatment unless they intend to follow it out to the letter.

The treatment of all chronic diseases must consist in both constitutional and local. Catarrh, scrofula, consumption, liver and kidney diseases, stomach, lungs and heart difficulties, can never be relieved by pouring down drugs, and continue to violate all the laws of health and common sense.

Nasal Catarrh.—This is one of the most common disagreeable and stubborn diseases to contend with. It does not always originate in a cold, as is generally supposed; cold is only one of the exciting causes. It is more frequently the result of sympathy from an inflamed mucous membrane lining the alimentary canal, and all the local applications in the world will not cure it, while the rest of the system is in a diseased condition. Catarrhal affections are not confined to the nasal passages, but may occur wherever there is a mucous membrane. Catarrhal dyspepsia is very common, yet it is rarely spoken of.

In the treatment of catarrh all the rules given in general treatment, must be religiously followed out. A tablespoonful of lime water in a glass half full of milk or water should be taken about one hour before meals. Some good tonic to assist nature in building

up the system, and if scrofula exist alteratives must be used to purify the blood. Washes for the head should only be used every other day, unless the case is very bad, then once a day is admissable. It has been found from experience that too frequent washing is more injurious than not enough. A teaspoonful of salt to a cup of tepid water to which add a few drops of laudanum or *spirits* of chloroform, makes a good wash for cleansing the nasal passages. When the discharges are offensive, permagnanate of potassium or carbolic acid should be used in the wash. For remedies that are the most beneficial in the cure of catarrh, see formula in appendix,

Consumption fills nearly one hundred thousand graves annually. A person known to have lung trouble, either inherited or acquired, should live out doors as much as possible, keep the feet warm and dry, wear flannel underwear, knead and rub the whole surface of the body well every day, sponge with diluted alcohol, take oil baths, exercise with dumb bells, Indian clubs, etc., to expand the chest. Several times a day the patient should stand erect, throw the shoulders back and with the mouth closed, take deep, full inspirations of fresh air; the clothing must be warm and worn loosely, sleeping appartments well ventilated; never sleep in a room with a stove, avoid dust as much as possible, every law conducive to health must be observed. The diet must consist of milk or cream (always add lime-water), fresh eggs, good fat and lean beef. The fat should be thoroughly cooked, but the lean should be as rare as it can be eaten, at

least one pound should be eaten every twenty-four hours by a consumptive, stale bread or good corn bread and butter, fruits should always be cooked and well sweetened, preserves, jellies, pies, cakes, etc., are not made for consumptives, fat pork, when it agrees with the patient, can be eaten; no hot breads can ever be eaten; if the digestive powers are weak the food should be taken in small quantities and more frequently. Some good tonic to aid digestion will be needed. A teaspoonful of alcohol well diluted, should be taken from three to five times a day. Cod liver oil or flax-seed oil are among the stalwart agents for the relief of lung troubles. Consumption needs but little medication, no strong medicine should *ever* be given. For a list of the most approved remedies used in the cure of consumption, see appendix.

Let me again advise whenever the first indication of lung troubles begin, arm yourself with clothing that will protect from dampness and cold, take to the fields and woods and live in them as much as possible, eat what is termed coarse food and you will have nine chances out of ten to live, where if you shut yourself up in the house and live on *dainties* and afraid of a breath of fresh air, or a little physical exercise, you will have nine chances out of ten to die

Kidney and liver troubles should be treated according to their symptoms. The general treatment will be indicated the same as in other diseases, for the medical remedies, see formulas in appendix.

Scrofula and all diseases of the blood must be treated upon the general laws regulating health. The

diet simple and nutritious, and alterative remedies must be used. See appendix for formulas.

Piles, which is one of the most annoying diseases, can be readily cured if attended properly.

Hot sitz baths should be taken, the bowels kept in a laxed condition by some gentle cathartic, and proper remedies applied properly will soon bring relief. See formulas in appendix.

Headaches are always a warning that some abnormal condition of the system is existing and should never be neglected; remedies of various kinds can be used that will give temporary relief, but the original cause must be removed before a permanent cure can be obtained. The observance of all laws bearing upon the general health must be enforced. When from exhaustion or excitement, rest should be taken; the weary, aching brain will often get relief by a few hours of quiet and rest. For formulas and remedies see appendix; but let me assure you unless the cause is removed all relief will be but temporary.

Heart troubles are frequently sympathetic, and when the consitution is built up and strengthened and all the organs performing their natural functions, the heart difficulties will disappear. In all heart diseases excitement of every kind should be avoided and the passions in general should be controlled, over-exercise should never be indulged in, and all stimulants excluded.

The most simple and nutritious diet should be taken, the general health kept in good condition and everything conducive to a calm and quiet life be ren-

dered. Formulas of the most improved remedies will be found in the appendix.

Rheumatism is regarded as a disease of the blood, usually occurring from too much acid in it, cold is an exciting cause, though there is a predisposition to it. Rheumatism is a hereditary disease and will descend through families as an heir-loom generation after generation.

The treatment consists of a variety, both constitutional and local. Applications of heat and cold, baths of various kinds (the turkish bath or pack receives the preference), massage or rubbing, applications of various lotions and liniments, small blisters the size of a ten-cent piece in various places over the affected parts, bandaging in wool or cotton, electricity and rest. The constitutional treatment generally adopted by the most skilled physicians is alkaline, consisting of bicarbonate of soda or potash, Rochelle salts, etc. The laws of health must be observed, the diet regulated and all acid fruits left out of the bill of fare. For remedies, both constitutional and local, see appendix.

Skin diseases. There are a great variety of diseases which affect the surface of the body, they generally require constitutional and local treatment. Perfect cleanliness must be observed in all cutaneous affections. Hot baths are of the highest importance, various medicated baths (formulas given in the appendix) must be taken, castile, carbolic acid or sulphur soap should always be used.

Where there is much abration or inflammation of

the surface an egg should be broken in the water; wheat bran or oatmeal gruel should be used as a wash for cleansing, to allay itching alkaline baths or washes will be found most useful. The diet must be regulated, all heavy, indigestible food avoided, the bowels kept in an easy condition, sedentary habits exchanged for sunlight and fresh air, avoid getting over-heated, clothing worn next to the body frequently changed, and should be of soft cotton or silk material. For constitutional and local remedies, see appendix.

Acne—including black-heads, pimples, etc.—which attack the face, and are so very annoying especially to young people, is easily relieved if taken in time and the treatment vigorously executed. Perfect personal cleanliness must be observed; any gross or filthy habits must be abandoned; the blood purified, and the whole system put in good working order by rules that have been previously given. The face should be washed in water just as hot as it can be borne. Lather the face with soap, as men do for shaving, then take a coarse towel or soft brush, dip it in the hot water and gently but vigorously rub every part of the face for at least five minutes; then rinse it in water just as hot as can be endured and apply some of the lotions given in the appendix. If the face is full of pimples or sores, castile, carbolic acid or sulphur must be used. The treatment must be vigorous and constant to accomplish anything, continuing anywhere from two to six months. In the treatment and cure of all chronic diseases patience and perseverence are required. The constitutional treatment consists in alteratives and

tonics. When the system is emaciated, debilitated, and the blood impoverished, tonics are required. In scrofula diathesis, alteratives must be taken. See appendix.

Ulcers and old sores should be washed daily with carbolic acid soap and hot water, carbolic acid spray used, rest and perfect cleanliness observed, the limb bandaged, and the constitution built up by an observance of the laws of health, and some good alteratives and tonics used.

GENERAL CARE IN THE SICK ROOM.

The sick room should always be large and well ventilated and where the sunlight can enter. An open fire-place or grate is more desirable than any other mode of heating. The temperature should be, as near as possible, from 60 to 65 degrees. No unnecessary articles of furniture or drapery should be about the room; comfort is what is desired. Two single beds are better than one large one, as the patient can be removed from one to the other for change and rest. The mattress should consist of good springs and hair, husks, wool or straw, (feathers should never be used). It would be better to have husks or straw, so they can be wholly destroyed when no longer needed. The bed clothes should be blankets or light quilts, and plenty of clean sheets and pillow cases. The sheets, pillow cases and under garments of the patient should be changed every day. Plenty of old cotton cloths, cotton-batting or white paper should be on hand, as all expectorations and discharges from nose or sores (should any exist) should be burned—never washed or

let lay around. A large table, or two stands to hold glasses, spoons and medicines, should be placed where the patient cannot see them, and all kept scrupulously clean. A time-piece, an easy chair, and a lounge for the nurse, should comprise the furniture in a sick room. No extra chairs are needed for visitors, for they should be positively excluded under all circumstances. People who are so desirous of showing their sympathy for their sick friend can express it in no more poetical, practical or beneficial way than by sending flowers and plants to the sick room; they are always grateful and refreshing tokens of absent friends. Visitors in general should never be admitted until the patient is convalescent enough to go to the sitting and dining-room. In all contagious diseases disinfectants should be kept in the room; all contents of the bed-chamber should be disinfected and then burried, especially in scarlet and typhoid fevers. Perfect quiet should be observed, and many whims of the patient gratified. The patient should be allowed to drink all the water desired, but given in small quantities and more frequent and it should always be fresh. When ice can be had small particles of it, or a teaspoonful of crushed ice, is much better than so much water. In all fevers and acute diseases attended with fever, some of the various modes of bathing must be used. Select the temperature of the water best suited to the sensitiveness of the patient, and that will invariably be tepid or warm. The pack, plunge or sponge bath is most desirable, and should be used from one to four times in twenty-four hours, according to the strength of the

patient and heat of the body. A handful of salt or soda should be added to the water. Do not wipe or dry the patient after giving them a bath in fevers, but roll them in a sheet or blanket, preserving the moisture, as it assists in evaporating the heat. Some children are afraid of the bath tub, then a pack is best. Wring a sheet out of tepid water, have on their night dress, and roll them up in it; then wrap them in a blanket; otherwise throw a blanket over a tub of water, lay the child on it, and gradually let it in. Never fuss, or try to force a child to be reconciled to anything it is so sensitive over, as more harm will be done than the bath will do good. With a little patience, manipulation, and sometimes strategy, all things can be accomplished. Never argue a point of any kind with a sick person; listen to them patiently, and when anything is to be done, do it quietly. Speak and walk lightly about the sick-room, but never whisper, for there is scarcely anything more annoying to the patient, and often has a deleterious effect. Never communicate exciting news of any kind, as sudden joy, grief or disappointment will often cut short the thread of life. Firmness is always necessary with the sick, but it must always be accompanied with gentleness. When administering medicines under the advice of a physician, see that his instructions are carried out to the letter. Never employ a physician unless you have implicit confidence in his or her ability to do all that can be done. Always be cheerful and happy under all circumstances in the sick chamber, for most of patients watch every expression

on the nurse's face, and they encourage or despond accordingly.

In acute and chronic diseases, the patient should always sleep alone. The diet must consist of the sustaining course. All solid food should be avoided as much as possible until the fever has abated. Milk, beef essence, chicken broth, egg nog, etc., should be given in small quantities, and frequently. Acidulated drinks may be used, such as lemonade, jelly water, etc.; crushed ice should always be used, as it makes them more palatable. In the dietary, I have given a variety of recipes from which a bill of fare for the sick one can be made up, so they need not be kept on any one article until they become disgusted with it. The daintiest dishes and spoons should be used, as they all have their influence in smoothing the rugged path of disease. In convalescence, the greatest care and patience should be exercised, as the slightest dissipation may cause a relapse. Give them food in small quantities and frequently, as their appetites are generally ravenous. Sick people should always have a small quantity of whatever they desire. Nature asks for what she wants, and a small portion of anything will not do harm. Good nursing is indispensable for the speedy relief and cure of disease. Some diseases will run their course, while others may be aborted. In either case the system must be sustained, and the general observance of hygienic and dietectic laws followed. Persons waiting on the sick, or visiting them, should eat light, nourishing food frequently.

CHAPTER XI.

THE TOILET.

Preserving the Youth—Bath—Changing the Linen—Use of Hot Water—Cosmetics—The Teeth—The Nose—The Eyes—The Hair—The Hand—The Art in Dress.

It requires a great deal of time to preserve this mortal frame in a good condition. The masses of women never think of preserving their health until it is gone, then they begin with paste and powder to try to fill up the crevices and hide the worn-out look; but alas, there is no covering for these defects when they once become chronic. So an ounce of preventive is worth many pounds of cure in the art of preserving youth. Filth and beauty never go together. Therefore the bath is indispensable, never less than from two to three full baths should be taken every week, hot soft water and soap should be used as the oily accumulations cannot be removed with cold water. Persons with large pores and oily skins and who perspire freely should bath daily, a little ammonia, borax or alcohol will be more thorough in cleansing. The skin should be well rinsed and thoroughly dried. A large sponge filled with tepid or cold water (the temperature must be regulated according to the sensitiveness of the person using the bath), placed on the shoulders and squeezed, this should be done several times, then followed by brisk rubbing. The under-

wear should be changed frequently, there is nothing so disagreeable as soiled linen on either man or woman, cleanliness of both person and clothing is indispensable to health and beauty, untidiness destroys many a handsome form and face. The face should always be washed with hot soft water and a good article of toilet soap, coarse soaps should never be used about the toilet, but soap is always necessary. The Powdered Cocoa-nut Soap made by Hammell & Bonnell, I have found to be the best. The water should be as hot as can be borne and every corner of the face thoroughly rubbed, then as thoroughly rinsed in as hot water. If the face is naturally flush or red, dry it on a soft towel, do not rub it hard, but gently and thoroughly. If the face is naturally pale and not much color then bathe it (after having rinsed in the hot water,) with real cold water and dry, when the reaction comes the face will have a rosy appearance, the hot water draws the blood to the surface at first and when the reaction takes place it leaves it pale, the face should be washed at least twice daily, to keep it in a good condition, as it is exposed continuously to dust and soot, the pores soon fill up and the skin looks murky, dark and coarse. Animal grease of any kind should never be used about the face, if any is used it should be cocoa butter or almond oil. When the skin has a tendency to chafe or become rough if a little salt is added to the rinse water it will soon relieve it, and if continued will whiten and soften the skin better than any cosmetic. The value of salt for the toilet has never been appreciated. There is no article so beneficial to the toilet,

it should always be put in the rinsing water; cocoa butter is the next nicest article, it melts with the heat of the body and is pleasant for the lips and face. Many ladies' lips chafe when going in the wind, if they will take the time to annoint them with cocoa butter before going out they will have no trouble. It is also an excellent remedy for the prevention and removing of wrinkles, wash the face as heretofore described just before retiring, then take cocoa butter and annoint it thoroughly and with the ends of the fingers, having them clean, rub it for wrinkles around the eyes, rub downward, around the mouth and cheeks outward, the forehead upward, forward, and downward from the centre, continue these manipulations from five to ten minutes, it will do no good to attend to it for a few evenings and neglect it, to receive the full benefit it must be kept up continuously. Let it be a part and parcel of your daily work, and those who do not desire wrinkles can avoid them to a great extent. Let me add that frowns, ill-temper and jealousies are effective agents in producing wrinkles, while smiles and a genial disposition, either natural or acquired are great preventives in keeping wrinkles in abeyance. For hollow cheeks, if ladies would practice blowing a horn for a half hour each day it will greatly increase their plumpness. Dry powders should never be used about the face as they fill up the pores and cause the skin to become rough and coarse. Never attempt to use cosmetics of any kind on the face unless it is thoroughly clean, as the attempt will look worse than the dirt; when using any cosmetic

whatever, it requires skill and patience to apply it nicely, select the best one you know of in some liquid form, have the neck and face perfectly clean, then take a fine sponge or soft white flannel cloth, saturate with the liquid and see that it is applied to every part of the neck and face, before it dries takes a soft cloth and wipe them gently and evenly, have your glass in a strong light so you can see that no spots will be left (a hand glass should always be used). No lady can apply a cosmetic to her face in a hurry, she must always take plenty of time, the most of ladies put it on too thick; all cosmetics lose their effects when they can be detected on the face. For freckles and discolorations on the face, see formulas in appendix, which applied, according to directions, will *not* fail to remove them. For pimples and black-heads, which are so annoying to young people and disfigure the handsomest, they can be removed by a little trouble and care, and proper remedies, constitutional as well as local, will be needed, a good alterative (formula given in appendix) must be taken from two to six months, baths kept up regular from two to four times a week, constipation relieved by saline aperient (granulated citrate magnesia is best), diet regulated, all fried food and hot bread avoided, excesses of every kind abandoned. The face must be washed in hot water with castile, carbolic acid or oatmeal soap twice daily, then the local applications applied (see formulas in appendix). If some of the pimples seem stubborn touch them with carbolic acid just the smallest point and cover them with court-plaster.

If these directions are faithfully carried out, a cure is the sure result, but they must be attended to vigorously and regularly; nothing will ever be accomplished by "*forgetting*" to take the alterative and applying the remedies that so many people give as an excuse for negligence. I have used them in all my private practice and know they will accomplish all desired when faithfully used. Cosmetics of all kinds have been used by women of both heathen and civilized nations as far back as we can trace their history, and from the present outlook they always will be used. A great deal of mischief is attributed to the use of them, I have no doubt the abuse of cosmetics has done some harm, but where the skin is properly cared for and a cosmetic properly applied, but little damage can result from its use, it is the abuse and not the use that does so much harm, and as it is a duty every women owes to herself and friends to look as well and maintain her youthful appearance as long as possible, she should apply all the means at her command, both natural and artificial, to consummate it.

The teeth should be well cared for; dirty teeth will spoil the sweetest mouth. A dentist should examine the teeth at least once a year, fill those that need it and polish them, removing any and all accumulations of tartar. The teeth may be kept white by simply brushing them after each meal. A few drops of bay rum, alcohol or camphor may be added to the water. If the teeth become discolored, a wet cloth placed over the finger and dipped in pumice stone will remove the discoloration. If the gums are sore and tender, Golden

Seal, powdered and applied, will be useful. Parents should look after their children's teeth, to see that they grow straight, and that they are extracted in time to admit of the second teeth coming in their proper place. Many children have a habit of sucking their thumb. Nothing deforms the mouth more than this as it presses the upper jaw and teeth outward, making sometimes a hideous deformity. The habit should be broken up immediately; it will often be found quite difficult to do so, but patience and perseverance will accomplish it.

The Nose.—The nose, which is a distinctive feature of the face, is many times a source of great annoyance, by being not just exactly as desired. When it is too flat it should be pressed together. Sometimes a compress applied assists in bettering the shape; a spring clothes-pin will answer the purpose; it can be applied and removed according to the comfort of the patient. A crooked nose should be wiped the opposite direction. A long, sharp nose should be pushed up, and the nostrils dilated. Girls and ladies often disfigure their noses by squeezing the pimples out of them. Nothing will make a nose look so coarse and red so soon, and should always be avoided. If blackheads exist, follow out the instruction previously given for their removal, but don't *squeeze* your nose.

The eyes, which are the windows of the soul, should be bathed frequently in tepid or cool water, to which a little salt has been added, a teaspoonful to a pint. They should never be used when tired. When they ache, and black specks begin to float before

them, it is a sign they need rest, which should be given them. Never allow them to be tampered with except by the most skilled oculist, as blindness is many times the result of injudicious medication. If the eye lashes are clipped frequently they will grow onger. The eye-brows should be thoroughly brushed. Where the brows are very light and thin, I would advise every lady to darken them (a soft lead penci answers very nicely), as it will add greatly to the looks of the face. It must be skillfully done, and so it cannot be noticed. It takes quite an artist to carry out the details of the toilet.

The hair is an ornament of beauty, and to keep it in a good condition requires a great amount of care. Brushing being the principal feature, it should be brushed at least twenty minutes each day. The hair ought to be shampooed occasionally by some one who understands it. When this cannot be done, I give a formula for shampooning, and it can be done by some member of the household. When the hair is falling out, wetting every day with strong sage tea will prevent it. When the hair is dry and crisp, equal parts of glycerine and bay rum will be useful; but the hair must be well brushed. Never use a fine comb except for the removal of creeping things, as it is injurious to the scalp, often causing an irritation which destroys the hair. Every lady should wear her hair in the style most becoming to her. Ladies with high foreheads and long faces should dress the hair low on the forehead and low on the back; while those with low foreheads and short broad faces should dress

the hair high, and back from the face. Every lady should study in all her dress that style which is most becoming, and wear it. It is one of the "Inalienable Rights of Woman" to be as beautiful and maintain her beauty as long as possible; therefore every part of the toilet must be carried out in detail to get the best results. Corsets may be worn or not, according to the comfort of the patient. When a woman feels more comfortable with corsets on than off, she should wear them; it is the abuse of the corset, and not the use, that injures her. No more comfortable or easy fitting corsets will be found than those manufactured by Warner Bros. The hose-supporter should be suspended from the waist, as the old-fashioned kind retard circulation.

The hands must be taken care of, along with the face. Ladies who do housework, and want to protect their hands, should have a pair of rubber gloves. (Yet it is said "a cat in gloves never catches mice.") Every lady can have clean hands and finger-nails, and if they are a little brown and broad, better be so than eat the bread of idleness and sin.

Shoes should be worn to fit the feet, and not the feet worn to fit the shoes. Broad-soled, low-heeled shoes are always preferred. Children should never have heels on their shoes. Feet should be bathed every night, and stockings changed frequently. If corns and bunions exist, they can be removed by using the formulas for the same, as given in the Appendix.

The physical development of the body is an absolute necessity for health and beauty. It matters not

how handsome the face, physical defects will mar it. Be sure you train the body in an upright position and follow out rules previously given for physical development. When the mammary glands become shriveled and relaxed they can be restored by bathing them in salt and water, and then kneading them from five to ten minutes every night and morning. Pads must not be worn, but light puffings if any thing be needed. All the muscles of the chest should be manipulated, as it helps to develop them. In conclusion, good health, a cheerful disposition, an intelligent mind, and personal cleanliness are the four corner stones of perpetual youth. Add to these all you can by art or science to increase beauty and happiness.

CHAPTER XII.

Baths—Dietary—Bill of Fare for the Sick and Convalescent—Low Diet—Medium Diet—Drinks—Acidulated Drinks Wheys—Egg Nog—Coffee, Tea—Demulcent Drinks—Sustaining Diet for the Sick—Gruels—Toasts.

There are no more powerful means of promoting health, strength, grace, beauty and long life than the proper use of the baths, and provisions of some kind should be made for the bath in every home, even if the parlors have to go unfurnished.

RULES FOR THE BATH.

1. Never bathe when over-heated.

2. Never take a bath immediately after eating.

3. Never take a bath when exhausted from over-work or excitement of any kind.

4. Never bathe when reaction does not take place readily. If there is chilling, goose-flesh, (cutisanserina), finger-nails and lips blue, and a feeling of general depression, the full bath should be avoided and only a light tepid sponge bath given, and thorough rubbing after.

5. A person should never bathe in a hurry, and should always rest afterwards.

6. The temperature of the water used should be that which is most agreeable to the patient.

7. The length of time to remain in the bath for general bathing or cleanliness should never be over

from twenty to thirty minutes, and should be followed by brisk rubbing.

8. Never try to force children into a bath tub. If you cannot, by patience, firmness and kindness, succeed in overcoming their terror of it, use the sponge or pack. Leave on their night dress and wrap the wet sheet around them or throw a blanket over the tub and let them gently in the water.

9. All baths, except in fever, should be followed by brisk rubbing.

A tepid bath should have a temperature from 85 to 95 degrees Fahr.

A warm bath should have a temperature from 90 to 100 degrees Fahr.

A hot bath should have a temperature from 95 to 105 degrees Fahr.

In all hot-water baths a cloth wet with cold water should be placed about the head.

A cold bath should have a temperature from 40 to 60 degrees Fahr.

A cooled bath should have a temperature from 95 reduced to 70 degrees Fahr.

A WET SHEET PACK.

Wring a sheet out of water the proper temperature, envelop the patient in the same, drop in a blanket and cover with others; remain in this from thirty to sixty minutes, according to the effect desired. At the conclusion, sponge the body with tepid water and thoroughly dry. Useful in the incipient stages of colds, fevers, etc.

SALT, SPONGE BATH.

Take a large sponge, an ounce of salt to a gallon of water, sponge the skin freely from five to ten minutes every night before retiring. The temperature of the water should be that which is most pleasant to the patient. Useful in general debility, chronic rheumatism, nervousness and negative circulation.

PLUNGE BATH.

This may be any of the varied temperatures, and should be in about thirty gallons of water. It should never be taken by those who are very weak or debilitated. It is excellent for cleansing purposes and as a sedative.

SHOWER BATH.

The shower bath is a tonic and sedative, and should be used of that temperature which is best suited to the patient. This should not be used over from three to five minutes.

TURKISH BATH.

In the absence of a regular Turkish bath-house, the patient may sit on an open-seated chair and have all enveloped in a blanket pinned around the neck. Vapor may be produced by placing hot bricks in a pan of water or by using a spirit lamp. It should not be continued over fifteen minutes. At the conclusion the patient should be sponged with tepid water, and friction to the surface with a good coarse towel. This bath is excellent where any elimination upon the surface is required.

SITZ BATH.

The temperature of a sitz bath must be according to the indications requiring it. The quantity of water should be enough to cover the hips and lower part of the abdomen. When the patient sits in the water the feet should rest comfortably on the floor. The length of time to remain in it should be from ten to thirty minutes. Any ordinary wash-tub can be used. Useful in all uterine and kidney diseases, hemorrhoids and piles.

SUN BATH.

The sun bath should be taken in the morning sun. Dress lightly and sit where the sun can have its full effects, from a half to one hour daily. Very useful for persons in great debility, extreme weakness, and children of a pale, delicate constitution. The virtue of the "blue-glass mania" consisted in getting people to sit in the sun.

OIL BATHS.

For oil baths, use any substance that is fresh and sweet, but cocoa butter, almond oil and cod-liver oil are always preferable.

They should be used in great debility, where food cannot be taken, and emaciation in scarlet and typhoid fevers, and in children of pale and delicate constitutions.

ALCOHOLIC BATH.

Dilute equal portions of water and alcohol, with which sponge the surface of the body, and rub briskly. Used as a stimulant in depression and exhaustion.

MUSTARD FOOT BATH.

Four gallons of hot water, and two ounces of powdered mustard, used as a stimulant in the foot bath. In great exhaustion, immerse all but the head. Used as a revulsion to alleviate congestion of the vital organs.

MEDICATED BATHS.

ACID BATH.

Nitric acid, one ounce; hydrochloric, three ounces; hot water, from fifteen to twenty gallons. Mix in a wooden tub, and remain in from fifteen minutes to one-half hour. Useful in a torpid liver.

A cloth wrung out of this water and applied over the liver as a compress, is also beneficial.

ALKALINE BATH.

Carbonate of soda, one pound; water, from twenty to thirty gallons. Remain in from one-half to an hour. Temperature according to the sensitiveness of the patient. Useful in rheumatism and gout.

SULPHUR BATH.

Sulphurate of potash, four ounces; water, from twenty to thirty gallons. Remain in from twenty to thirty minutes. Useful in itch and other forms of parasitic skin diseases.

IODINE BATH.

Iodine, one drachm; iodide of potash, four drachms; liquor of potash, two ounces; warm water, from twenty to thirty gallons. Useful in scrofula,

chronic rheumatism, syphilis and kindred diseases. Remain in from twenty to thirty minutes.

BORAX BATH.

Glycerine and borax, of each three ounces; warm water, from twenty to thirty gallons. Useful in scaly eruptions.

COMPRESSES.

Compresses consist of a piece of flannel or a towel wrung out of water, either hot or cold, plain or medicated, and applied over the seat of pain. This should be covered by a dry cloth. Never remove one until you have another to apply. They are always useful when the pain is localized.

HOT FOMENTATIONS.

These are invariably useful where there is a localized pain. The most useful one is made of hops. A handful of hops to a quart of hot water thickened with corn meal placed in a bag, sprinkled with laudanum and laid over the seat of pain, will usually give at least temporary relief. The heat and moisture can be retained by wringing a piece of flannel out of hot water and putting over them, placing a dry cloth over it. (Oil cloth preferred.)

Turpentine stupes are prepared as the above, only turpentine used instead of laudanum. Both are useful in all uterine and abdominal pains.

DIETARY.

BILL OF FARE FOR THE SICK AND CONVALESCENT.

Beef.

Mutton.
Chicken and game.
Fresh fish, baked.
Oysters, raw or roasted.
Eggs.
Milk.
Butter.
Stale wheat bread.
Baked sweet apples, pared.
Baked potatoes.
Toast of various kinds.
Rice.
Tapioca.
Cooked fruits.
Tea or coffee, made with milk.
Milk and lime water.
Chocolate.
Light puddings.

LOW DIET.

Fresh boiled milk with lime-water.
Oat-meal gruel.
Toast.
Chicken broth.
Rice.
Sweet milk.
Tapioca.
Rice pudding.

For persons with weak and irritable stomachs that no kind of food can be digested without extreme difficulty. It should be taken in small quantities and more frequently.

Quantity to be taken, about sixteen ounces in twenty-four hours.

A MEDIUM DIET.

This should consist of the above, to which should be added fish, lamb, mutton, potatoes, asparagus, and a small quantity of tea or coffee, quantity about twenty ounces in twenty-four hours.

This course of diet should be adopted by those who have injured themselves by over-eating.

DRINKS—ACIDULATED.

LEMONADE.

Take a half lemon thoroughly squeezed to a half glass of water; sweeten to taste with loaf sugar; add crushed ice.

JELLY WATER.

Take a tablespoonful of sour jelly of any kind, add three tablespoonfuls of crushed ice, beat it thoroughly and fill up with water.

A pleasant drink in all fevers.

WINE WHEY.

Boil one half pint of new milk, add one glass of light wine of any kind, strain. Useful in great debility after inflammatory action has subsided.

Drinks may be accidulated with any acid and are beneficial in all fevers.

RICE AND BARLEY WATER.

Soak a tablespoonful of pearl barley or clean rice

in a pint of water, for a half hour, sweeten or not according to taste, use with ice and when desired.

TAMARIND WHEY.

Two tablespoonfuls of tamarind stirred in one pint of boiling milk and strained, sugar and ice added.

MILK.

Milk should always be fresh and sweet, and can be used either hot or cold. Iced milk is always beneficial in fevers. From one to two tablespoonfuls of lime-water should be added to a glass of milk, particularly if the digestive powers are weak. It should be given in quantities from one-half to four tablespoonfuls at a time.

Good fresh butter-milk can always be taken by those who desire it. Useful in dyspepsia.

EGG-NOG.

One egg (must always be fresh) separate the white from the yolk, beat the yolk with two teaspoonful of sugar thoroughly, slowly add two tablespoonfuls of good whisky or brandy, stirring all the time, then add one-half pint either hot or cold milk as desired. Beat the white of the egg to a stiff froth and add stirring well all the time. If cold, add crushed ice. Should be given in all cases where there is great debility or exhaustion. The brandy may be omitted.

COFFEE.

The coffee used should be always Old Gov. Java, or Mocha. To one tablespoonful of ground coffee add one half cup of cold water, let it come to a boil, then

add one cup of fresh, sweet milk, set it where it will heat slowly, when it comes to the boil it is ready for use. Sweeten if desired. This is excellent for all invalids, and especially in summer complaints of children.

Tea can be made in the same way and *either* will be relished by the most delicate.

Chocolate should always be made with milk. It is a very nutritious drink and can be used by any one who may desire it.

LIME WATER.

Take a lump of lime, the size of an egg, add one quart of water, let stand for a few hours; then drain off into a glass or stone jar. Avoid any of the sediment. Cork tightly and set in a cool place. From one to two tablespoonfuls according to the quantity of water or milk used. Useful in all disturbances of the alimentary canal particularly in children.

DEMULCENT DRINKS.

A tablespoonful of isinglass, flax, or quince seed or slippery elm bark in a pint of warm water, allowed to stand thirty minutes, pour off and use as a drink. Useful in colds, diseases of the throat and air-passages.

SUSTAINING DIET FOR THE SICK.

BEEF ESSENCE.

From one to two pounds of beef, free from fat, chopped fine, placed in a closed vessel, set in a pot of

water, let it boil three hours, strain and season with a little salt. From a teaspoonful to a tablespoonful to be taken from every half to one hour.

The most beneficial of all preparations under all circumstances.

BEEF TEA.

A pound of lean beef freed from fat, chopped fine, to which add one pint of cold water, let boil for thirty minutes, strain and season with salt.

RAW BEEF.

Lean beef minced finely or grated, two tablespoonful; pure white sugar, four tablespoonfuls, thoroughly mixed.

From one-half to a teaspoonful every three hours in diarrhea.

RAW BEEF SANDWICHES.

Take fresh beef free from fat, grate or scrape it, season with salt and pepper and a little mustard if desired, place this between two thin slices of stale wheat bread. Excellent in general debility and weak stomachs.

Beef should always be cooked rare and never fried in grease.

SCRAMBLED BEEF.

Prepared as for the sandwiches, have the spider hot and rubbed with a little butter to prevent sticking. Throw in the meat, stir for a minute or two and turn out on a hot dish. The most delicate usually relish this dish.

BROTHS.

Broths of various kinds are always admissible and

should always be fresh. The ingredients should always be put in cold water and never allowed to boil, but simmer from two to three hours. Then strain before using. Toasted bread, rice or barley may be added to the broths.

OYSTERS.

Oysters are always admissible for sick people. In the diarrhea of children and others nothing will be found more beneficial than raw oysters. They should be seasoned lightly and given in small quantities at the beginning. They should always be fresh and of a good quality.

POTATO EGG.

Take the yolk of a hard-boiled egg and one nice boiled or baked white potato, mash them thoroughly together, season with a little salt and butter.

Excellent food for children with summer complaint.

RICE PUDDING.

Three large tablespoonfuls of rice, one quart of fresh sweet milk, three tablespoonfuls of white sugar. Set in an oven and bake slowly for two hours.

Excellent for children with alimentary troubles.

RICE CREAM.

One-half teacup of rice boiled in milk until thoroughly done, when cool add one gill of cream, the white of one egg and three tablepoonfuls of powdered loaf sugar, whisked to a froth. Add a glass of sherry, Maderia, or port wine. Good for any sick person and not bad for a well one.

RICE GRUEL.

Take two tablespoonful of ground rice, one teaspoonful each of cinnamon and nutmeg; water, one pint, boil from twenty to thirty minutes. A tablespoonful of acid jelly or marmalade may be added.

Useful in diarrhea.

OAT OR CORN MEAL GRUEL.

Sprinkle a tablespoonful in a pint of boiling water, stirring it briskly, cook slowly a half hour. Season with a little salt and use as desired.

TOASTS.

The bread for toasts should always be stale, cut in slices about one-fourth of an inch thick. The toast should be browned evenly, never burned. Milk, cream, dry, butter, and jelly, may be used in all conditions of sickness.

FORMULAS.

The following remedies have been selected with care, from the private practice of many eminent physicians.

GENERAL TONIC.

Wyeth's Beef, Iron and Wine should be used wherever a tonic or stimulant is required, in general debility and weakened constitution or wherever the system needs building up. For sale by all druggists.

Muriate of iron, six drachms; chlorate of potassium, four drachms; quinine, twenty-four grains; simple syrup, one pint. Dose, one teaspoonful in a wine glass of water, just before or after meals. Useful in

all general debility and where the digestive powers are weak.

Nitro muriatic acid, four drachms; syrup of orange eight ounces. Dose one teaspoonful in a wine glass of water just after meals. This is useful for indigestion, accompanied with flatulence, sluggishness of the liver and weakness of the kidneys.

Plain hop tea, about a gill, three or four times a day, will often be found a useful tonic for the stomach and nerves.

Phosphate of iron, four drachms; citric acid one drachm; quinine, thirty grains; syrup of orange and wine each, eight ounces. Dose a teaspoonful three times a day.

ALTERATIVES.

Iodide and chlorate of potash, each five drachms; bicarbonate of potash, two drachms; compound syrup sarsaparilla, one pint. Dose a teaspoonful three times a day. Useful in scrofula, ulcerations, sore throat, syphilis and all diseases of the blood.

Almost a specific for rheumatism.

WHITE WALNUT LEAVES.

Fill a jar loosely with the green leaves, pour over them boiling water, cover closely and set in a cool place. Drink from one-half pint to a quart daily. Useful in all eruptions of the face, skin diseases, and whenever an alterative is needed. The extract of it can be purchased at the drug stores, but will not give any better results than the decoction from the leaves which can be gathered by any one.

COUGH SYRUPS.

Compound syrup of scillae, two ounces; paregoric and good whisky, each one ounce. Dose from ten drops to a teaspoonful according to age and from two to three or four times a day or when required. Good for general use, coughs of any kind.

Simple syrup, four ounces; dilute sulphuric acid, one drachm; sulphate of morphia, two grains. Dose from ten drops to a teaspoonful. Useful in the cough of consumption, accompanied with night sweats.

Syrup of tolu, two ounces; paregoric and tincture of lobelia, each one ounce. Dose from ten drops to a teaspoonful. Useful for general coughs.

APERIENTS.

Rochelle salts, four ounces; bitartrate potash and bicarbonate soda, of each two ounces; pulverized white sugar, one half pound, thoroughly mix, keep dry and corked. A most excellent aperient for general family use. Dose from one to three teaspoonfuls in a glass half full of water. May be taken for bad taste in the mouth, headache, sour stomach, constipation in adults and children, in fact wherever a corrective or gentle laxation is indicated, nothing is better.

Soluable effervescing citrate of magnesia (Lord, Stoutenburgh & Co.'s,) one of the most pleasant and agreeable aperients. Useful in flatulence, heartburn, acidity of stomach, etc., etc. Sold by all druggists.

Phosphate of soda should be given to children when their stools are white and pasty, showing a deficiency of bile, or in jaundice, no remedy is superior.

Dose from ten to sixty grains. It may be dissolved in water or milk, or may be put in soup or other food, as it has a saline taste similar to common salt.

NUTRIENT ENEMATA.

Beef tea, four ounces; hydrochloric acid, ten drops; glycerale of pepsin, two drachms, if the rectum is irritable, from five to twenty drops of laudanum may be added, if stimulants are needed, add a teaspoonful of brandy. This should be used from three to five times in twenty-four hours. Milk may also be used for enematas. Useful when the stomach is too irritable to retain food, or when injuries prevent the same. Life may often be saved and prolonged by their use.

DISINFECTANTS.

Lime, chloride of lime, salecylic acid, permagnate of potash, carbolic acid.

SULPHUROUS ACID.

Sulphate of zinc, eight ounces; carbolic acid, one ounce; water three gallons. Useful about scarlet and typhoid fevers.

GARGLES.

Chlorate of potash, one drachm; tincture of cayenne pepper, two fluid drachms; compound tincture of cardamon, one fluid ounce; camphor water, two fluid ounces, one teaspoonful in a wine glass of water. Use as a gargle every two or three hours. Useful in any sore throat, especially in diphtheria.*

"Saturate solution of chlorate of potash, simple syrup, of each one and a half ounces; muriate tincture

*Justin Hayes, M. D.

of iron, one drachm; hydrochloric acid one half drachm; use as a gargle. Excellent in scarlet fever and diphtheria."

A cup of common store tea, made strong, add a juice of one lemon. Use as a gargle.

Good cider vinegar, one cup; salt, two tablespoonfuls. Use as a gargle in ordinary sore throat.

INHALATIONS.

"Carbolic acid, aqua ammonia, of each five drachms; rectified spirits of wine, two ounces; water, one and a half ounces. Keep corked. A few drops on blotting paper inhaled four or five times a day. Good for colds."

Fill inhaling bottle half full of warm water, add salt and vinegar of each one teaspoonful. Inhale from five to ten minutes. The bulb can be placed in either nostril. Good in common colds.

"Muriate of ammonia, one ounce; spirits of chloroform, two drachms; water, one pint. Put a tablespoonful in the inhaling bottle, fill half full of warm water. Inhale ten minutes. For inflammation of larynx and loss of voice.

PLASTERS.

Opium, belladonna, aconite, and capsicum plasters are the most beneficial. The first three useful wherever pain is to be relieved. The last as a counter-irritant.

CATARRH.

Use one of the tonics or alteratives as required, for constitutional treatment.

Carbolic acid, one half drachm; glycerine, four drachms; water, four ounces. Use with a spray apparatus from five to ten minutes, once daily, for a week or ten days, then every other day for many weeks.

Gum acacia, sub-nitrate of bismuth, each two drachms; morphia, one grain; pulverized hydrastic, one drachm, thoroughly mix. Use as a snuff several times a day.

In dry catarrh inhalations of steam should be used, they may medicated with tincture gum benzoin, a teaspoonful to a cup of water; tincture iodine, ten to twenty drops, in the same amount of water, a few drops of carbolic acid may be added, particularly when offensive.

CONSTIPATION.

Knead the bowels from right to left morning and evening, and drink a glass of cold water before breakfast, to which has been added a teaspoonful of salt.

Figs soaked in senna tea for twenty-four hours, then dried. Three or four should be eaten daily.

White mustard seed, small half teaspoon twice a day in a glass of water.

Bran browned in the oven as coffee. From one to two tablespoonfuls eaten at meals with cream and sugar, stirred in milk or water and drank.

Lady Webster Pills—one after meals. Sold by all druggists.

Aloes and Assafœtida Pill, U. S. P., from one to three at a time.

KIDNEYS.

Bicarbonate potash, one ounce; mint water one pint. Dose a tablespoonful in water for times a day. Useful where there is red deposit in the urine.

Diluted nitro-muriatic acid, five drops in a wine glass of water after meals. To be used in white deposits in the urine.

Hip baths, and belladonna or opium plasters worn over the seat of pain.

LIVER.

Electricity, nitro-muriatic acid; hot compresses over the liver, and the nitro-muriatic acid tonic, taken as directed in formula. Used in torpidity of the liver.

The improved compound cathartic pill of the U. S. P. (without calomel) should be taken from one to three, until the bowels are fully relieved.

PILES.

Empty the bowels by injection and keep them regular by formulas for constipation. Then use either of the following formulas.

Four ounces of linseed oil, eight grains of morphine; thoroughly mix. Inject a tablespoonful in the rectum with a small syringe and retain it.

Use after each movement of the bowels.

Simple cerate or vaseline, one ounce; pulverized sulphate of iron, one drachm; powdered opium ten grains; mix and apply to inside of rectum with pile-pipe.

HEADACHE.

Tincture of gentian, aromatic spirits of ammonia,

each one ounce; tincture of luplin, one half ounce; bromide of sodium, twenty grains; aqua, four ounces; mix and filter. Dose a tablespoonful every half hour until relieved. Useful in sick and nervous headaches.

Compound tincture of cinchona, five ounces; aromatic spirits of ammonia, three ounces. Dose, a teaspoonful after each meal, in water. To be used in continued headache with flatulence. The causes must be removed before a permanent cure can be made in all disturbances of the kind.

NEURALGIA.

Extract of belladonna, extract of aconite, each ten grains; sulphate morphia, two grains; arsenious acid, one grain; sulphate of quinine, thirty grains; camphor, two drachms Mix and put into forty capsules. Take one three times a day. Useful in chronic neuralgia.

Belladonna, opium or aconite plasters placed over the seat of pain.

Salt from the fish barrel, thoroughly heated and placed over the seat of pain will give relief.

Extreme heat and cold alternatively will also relieve it.

RHEUMATISM.

Take the alterative, previously given, use the alkaline baths.

Salicylic acid in from ten to thirty grains. Doses every three or four hours.

MOIST TETTER.

"Carbonate, one drachm; water one pint. Keep

constantly wet with this lotion until inflammation subsides."

Salicylic acid ointment, apply twice daily. Useful in tetter, ring worms and all the eruptions of the face.

Carbolic acid, one drachm; glycerine, two ounces. For eruptions of the face.

ACNE.

Glycerine, two ounces; sulphuric acid one drachm; anoint the face after thoroughly cleansing.

For black-heads without pimples, borax half an ounce; water, one pint. Rub the face gently with this two or three times daily.

SCALED HEAD.

Cut the hair short, poultice with potato, arrow root, or starch until the crusts are loosened. Wash with a solution of one drachm of saleratus or carbonate of potash, to one pint of water, then apply the following: Sulphurous acid, one ounce; giycerine or vasaline, three ounces, three times daily. Wash each time with the alkaline wash.

ULCERS.

Carbolic acid, one drachm; water, four ounces, use with a spray. After cleansing thoroughly with warm suds made with castile soap.

Salicylic acid ointment, apply as required. Salicylic acid may be applied in the dry powder to cancerous, gangrenous and sloughing wounds.

BURNS.

Olive oil and lime-water, equal parts; saturate a cloth and cover the burns entire.

Olive oil, eight ounces; salicylic acid, one drachm; apply as the other.

HEART DISEASE.

Bromide of potash, four drachms; tincture of digitals, two drachms; compound tincture of cinchona, four ounces; mix, take a teaspoonful three or four times a day in water. Use in nervous palpitation, also apply a belladonna plaster over the heart.

SCROFULA.

Cod-liver oil and lime-water, equal parts. From a teaspoonful to a tablespoonful three times a day.

Either of the formulas given under alteratives are valuable.

Paint the enlarged glands with iodine, which may be decolrized by adding a few drops of carbolic acid.

CONSUMPTION.

Alcohol and glycerine, equal parts. Teaspoonful in water four times a day,

Linseed oil, from a teaspoonful to a tablespoonful three or four times a day. Peanut oil may be taken the same way. Either of these are much more pleasant than cod-liver oil to most patients.

Syrup Lacto-phosphate of lime, eight ounces. Teaspoonful three times a day.

Simple syrup, four ounces; dilute sulphuric acid two drachms; sulphate morphia, two grains. Dose, teaspoonful three times a day and at bed-time for night sweats.

A piece of smoked salt, fat pork, about one-fourth inch thick, worn over the affected lungs continually

as a counter-irritant, remove it when it becomes dry and hard.

DIPTHERIA.

Gargle, lemon juice, eating of lemons, lemonade, in quantities as desired.

Soturated solution of salicylic acid, teaspoonful to cup of water, reduce or add as emergencies require.

Salicylic acid, two drachms; fluid extract of liquorice, four ounces. Dose, teaspoonful every hour for a child from four to ten years of age, increase or diminish dose according to age above or below. A piece of smoked salt fat pork should be kept around the throat.

Third preparation of lobelia (eclectic), from three to ten drops in water or on sugar every hour.

Ice and the sustaining diet must be used plentifully.

SCARLET FEVER.

For gargle, carbolic acid, from twenty to thirty drops; chlorate of potash, three drachms; glycerine and water, of each three ounces. Useful for a gargle as required.

Quinine, one drachm; nitric acid, two drachms; water, two ounces. Dose, ten drops for an adult, and from three to five for a child every two hours.

A thin piece of smoked, salt, fat pork, stitched to a piece of muslin and worn from ear to ear the same as in diptheria.

Acidulated drinks, ice and sustaining diet.

MEASLES.

Dilute sulphurous acid, twenty drops; syrup of

orange, two ounces. Teaspoonful in water every hour.

When the rash recedes or goes in immerse in warm water, into which mustard has been thrown, keep in until the surface is red, then roll in blanket. The sustaining diet, in all cases, must never be neglected.

CROUP.

At the on-set a warm bath, then an emetic.

One teaspoonful of pulverized alum, mixed with honey or syrup, or a teaspoonful of wine of ipecac, repeated if necessary.

To produce moisture enough make a tent of blankets around the nurse holding the child and let the steam from a tea-kettle pass under it.

Wine, beef essence, milk etc., should be given at regular intervals, as the vital powers must be supported.

WORMS.

Santonine in half grain doses, three times a day, for round worms.

SEAT WORMS.

Santonine suppositories, three grains each, introduced in the rectum at bed-time.

TAPE WORMS.

Pumpkin seeds, either eaten plentifully or tea made and drank on an empty stomach. Extract of male fern in teaspoonful doses; oil of turpentine; gum arabic and simple syrup, of each half an ounce.

CHICKEN POX.

Saline aperients, to relieve the bowels, acidulated drinks.

Sweet spirits of nitre in from ten to thirty drop doses.

WHOOPING COUGH.

Best bourbon whiskey and glycerine, of each two ounces. Bromide of potash, one drachm; from ten to twenty drops three or four times a day.

Warm water, fill inhaling bottle half full, add teaspoonful of spirits of chloroform and inhale.

Salicin in from three to five grain doses every two hours.

A handkerchief wet with ether, allow the child to take a few inhalations just as the paroxysms begin.

Inhaling the fumes at the place where gas is purified for the space of twelve days in succession has proved beneficial.

Strong coffee made as formula previously given will often give relief.

Salt, fat pork, stitched to a muslin cloth and worn over the chest as counter-irritant, assists in giving relief.

Pure lemon juice, thickened with loaf sugar, a teaspoonful given every hour.

Food should be given as soon after vomiting as possible. The sustaining diet given.

MUMPS.

Soluable citrate of magnesia, from one to two tablespoonfuls occasionally, to keep the bowels loose and apply poultice to swelling.

THRUSH OR SORE MOUTH.

Sulphite of soda, one drachm; water one ounce; use with mop.

Store tea, made exceedingly strong, sweetened with honey, and applied as above.

Ice in small quantities put in the mouth frequently is also beneficial.

Flower of sulphur about the size of a pea laid on the tongue three or four times a day.

Borax and honey, equal parts, used three or four times daily. Wash the mouth several times a day with cold water, and ice tied in a cloth and held in it will be very beneficial.

SUMMER COMPLAINT.

Carbolic acid, two drops; lime-water, two ounces. Teaspoonful in same amount of milk, to be repeated according to nausea.

Sub-nitrate of bismuth, one drachm; pulverized ipecac, nine grains, put into twelve powders, one every three hours.

CONVULSIONS.

Bromide of potash, one drachm; simple syrup, two ounces. Half teaspoonful three or four times a day.

At the onset hot mustard bath, cold to the head, inhalations of ammonia or chloroform, a few drops of whisky, alcohol or brandy must be given, or one or two drops of ammonia well diluted.

NIGHT TERRORS.

Magnesia, pepsin, bismuth and sugar, equal parts. Dose, five grains three times a day.

INCONTINENCE OF URINE.

Chloral hydrate, two drachms; syrup tolu and water, of each two ounces. Tablespoonful at bed-time.

RETENTION OF URINE.

Sweet spirits of nitre, from ten to thirty drops in water every hour. Warm hip baths and the bowels moved by enema or aperient.

PAINFUL MICTURATION.

Citrate of potash, one drachm; water, one ounce. Teaspoonful three times a day; demulcent drinks. Sometimes a surgeons assistance must be called.

FOR COLDS.

Tincture of aconite ten drops, water twenty tea-spoonfuls. Dose, take a teaspoonful every half hour.

Salicine, two drachms; put into twelve capsules. Dose, take five a day until all are taken. Use the snuff for catarrh, and for running at the nose.

EARACHE.

Glycerine or sweet oil, and laudanum, of each equal parts, one or two drops in the ear.

Tobacco, size of small pea, rolled in cotton, place in a spoon, cover with camphor and heat it; soon as cool enough put in the ear; rarely fails to brings re-lief.

A drop or two of cold water made quite salt put in the ear, will also relieve.

PAINFUL MENSTRUATION.

Liquor acetate of ammonia, two ounces, spirits of

chloroform, one ounce. Teaspoonful every twenty minutes.

Best bourbon whisky, one half pint; grated horse radish, two tablespoonfuls, shake well. Tablespoonful every hour.

Morphia, belladonna and assafœtida, suppositories inserted in either vagina or rectum. Heat—moist or dry.

PROFUSE MENSTRUATION.

Fluid extract of ergot, two drachms; simple syrup one pint. Teaspoonful three times a day.

Alum, two teaspoonful; water one pint; use as injection three times a day.

SUPPRESSED MENSTRUATION.

Either of the tonics to build up the constitution it debilitated.

Apiol in five to ten grain doses three times a day.

Pulsatilla in five drop doses three times a day, continue for three or four months if needed.

FLATULENCE.

Bicarbonate of soda, one ounce; carbonate of ammonia, two drachms; mint water, one pint. Take a tablespoonful three times a day. Flatulency, acidity and heart-burn; useful at "Change of life."

Powdered charcoal one-fourth teaspoonful taken after meals.

ASTRINGENT WASHES.

Tannin, alum, sulphate of zinc, each one ounce. Powdered extract of belladonna, one drachm; teaspoonful to half pint of hot water. Use with vaginal

syringe with shield. Useful in leucorrhea and ulcerations.

Powdered hydrastis, chlorate of potash, each half ounce; sulphate of zinc and tannin, each four drachms; powdered opium, one drachm; glycerine, eight ounces. Use on tampon, for ulceration and discharges.

Persulphate of iron, three ounces; laudanum, four ounces; a tablespoonful to a cup of warm water. For leucorrhea and relaxed vagina.

Puritus (itching of generative parts).

Hydrate of chloral, one drachm; water, one ounce; apply several times a day.

Carbolic acid, thirty drops; glycerine, one ounce; apply as above.

Salicylic acid, one drachm; vaseline, one ounce, apply as above. Always wash the parts well with hot water before using the above.

VOMITING IN PREGNANCY.

Effervescing citrate of magnesia, in small quantities placed on the tongue.

Salicin in from three to five grains, three times a day.

Sub-nitrate of bismuth in small doses; one drop of ipecac placed on the tongue; ice, mint water, one drop of aromatic spirits of ammonia diluted.

Iodine, one drop, diluted, taken at intervals.

Lime-water from one to two tablespoonful.

CORNS.

Equal parts of rosin and home-made soap and common soda, thoroughly mixed. Soak the feet in

hot water, pare the corn, and apply the salve. If it is not removed by the first application repeat it.

BUNIONS.

Soak the feet well in hot water, then put on a pair of rubber shoes and sleep in them, without the stockings. This is a simple remedy and usually very efficacious.

Belladonna plaster worn over the bunions when there is much enlargement. Strips of adhesive plaster fastened tightly over them, and shoes worn to fit the feet will be beneficial.

INGROWING TOE NAILS.

Shave the nail as thin as possible, then drop the hot tallow from a lighted candle; repeat until a cure is effected.

Liquor of potash, two drachms; water one ounce, apply until the nail softens, then it can be cut away without pain.

FETOR OF FEET.

Permagnate of potash, one grain to one ounce of water, apply after having thoroughly washed the feet Also useful for the fetor of the axilla, and a few drops may be taken for foul breath.

A solution of common soda will relieve the odor of feet and axilla under all circumstances, where the feet are unpleasant they should be washed once a day in hot water, and the socks or stockings changed once a day.

FRECKLES.

Saturated solution of borax in rose water. Apply twice daily with soft cloth.

Carbonate of potash, three drachms; chloride of sodium, two drachms; water of roses, eight ounces; orange flowers, two ounce. Apply freely two or three times a day. Useful for freckles, sunburn, and tan.

HAIR.

Flowers of sulphur, one ounce; water, one pint; shake well frequently for twenty-four hours, then pour off the clear liquid. Wet the head once a day for dandruff.

Glycerine and bay rum, equal parts. Apply once a day.

FACE WORMS AND PIMPLES.

Wet the spots with camphor three or four times daily, and take half a teaspoonful of sulphur every other evening.

TEETH.

Powdered pomice stone, use with a cloth to whiten the teeth and remove the tartar or discoloration.

Honey, powdered gum myrrh, charcoal and prepared chalk, equal parts; use with a brush twice daily; an elegant tooth-paste for keeping the teeth white.

Powdered orris root, one ounce; salicylic acid half drachm; useful when the gums are unhealthy.

"Powdered castile soap, one-fourth of a drachm; powdered carbonate of lime, four drachms; glycerine and aqua solution of chlorate of potash, of each two drachms; and oil of cassia and winter green, each quantity sufficient for flavor. The properties of this tooth-paste are aromatic, astringent, antacid, antisep-

tic and absorbent. The continued use of this paste will remove and prevent the accumulation of tartar."

(From the private practice of Dr. Etta Edmunds, dentist.)

CHAPPED HANDS.

Glycerine, one pint; compound tincture gum benzoin, one drachm; useful for chapped hands, lips and pimples.

Water, one pint; common salt, two tablespoonful; use after having rinsed the face and hands. It will soften and whiten the skin if continually used.

TOILET SOAP.

Powdered cocoa-nut oil soap, (Made by Hammell & Bonnell.)

BEEF, IRON AND WINE.

Extract of Beef, Citrate of Iron and Sherry Wine.

In this preparation are combined the stimulant properties of Wine and the nutriment of Beef with the tonic powers of Iron, the effect of which on the blood is so justly valued. For many cases in which there is Pallor, Weakness, Palpitation of the Heart, with much nervous disturbance, as, for example, where there has been much loss of blood, or during the recovery from wasting fevers, this article will be found especially adapted. The peculiar feature of this combination is that it combines Nutriment with Stimulus.

In the majority of cases, along with failure of strength, and indeed as one cause of that failure, there is an inability to digest nourishing food. Hence it is very desirable to furnish nourishment in a form acceptable to the stomach, at the same time we excite this organ to do its duty. On the other hand, again, wine stimulus, although needed, is ill borne if given by itself, producing headache, excitement, and other symptoms which may be avoided by the addition of nutritious substance, such as the ESSENCE OF BEEF.

Iron also can be taken in this way by the most delicate or sensitive woman or child, to whom it may be inadmissible as usually given. Prompt results will follow its use in cases of sudden exhaustion, arising either from acute or chronic diseases, and will prove a valuable restorative for all convalescents.

As a Nutritive Tonic it would be indicated in the treatment of impaired nutrition, impoverishment of the blood, and in all of the various forms of general debility. Each tablespoonful contains the Essence of one ounce of Beef, with two grains of Citrate of Iron, dissolved in Sherry Wine. With a view to making the article more palatable, a portion of the beef is, in the first place, partially roasted, as experience has shown that it is better borne by the stomach, and can be administered for a longer period when this is done.

We trust physicians will be careful to direct OUR MANUFACTURE OF BEEF, IRON AND WINE, as numbers of persons make mixtures called by the same name, and claiming equal merit. We can only say the reputation of this medicine was created by our preparation, and it is almost exclusively prescribed by our leading physicians.

ADULT DOSE—One tablespoonful between meals, and when suffering from fatigue and exhaustion. Dose for Children should be reduced according to age.

MANUFACTURED BY

JOHN WYETH & BRO.,

PHILADELPHIA.

SOLUBLE EFFERVESCINC

Citrate of Magnesia,

A MOST EXCELLENT FAMILY MEDICINE.

We have received the following unsolicited letter from L. P. BROCKETT, M. D., of Brooklyn, New York, a gentleman and physician of high standing, and would respectfully invite a careful perusal

205 QUINCY STREET, BROOKLYN, Sept. 29, 1875.

Messrs. Lord, Smith & Co., Pharmacists and Wholesale Druggists, Chicago:

GENTS—About two months ago, a very dear friend of mine from your city gave me a bottle of your EFFERVESCING CITRATE OF MAGNESIA, and I have given it a very faithful trial, and have become convinced that it possesses a great superiority over Bishop's, Ford's, Eads', and Rogers' preparations, in its perfect and instant solubility without residuum, in its ready effervescence, and, above all, in its medical properties. As a corrective of flatulence and indigestion, as a preventive of cholera morbus and irritation of the stomach, and a gentle laxative, it has no superior. One great advantage it possesses over Seidlitz Powders, Tarrant's Aperient, Rochelle Salts and lemon juice, or any other medicine of its class, is that it does not induce a constipation or irritable condition of the lower bowels after its laxative force is expended. I am desirous that it should be widely known, and my object in writing now is to find out whether you have any agency or place of sale for it in New York. I have described it to several of our leading druggists here, and find that they would be very glad to keep it if they could obtain it. If you have no agency in New York, can you not arrange for one very soon, and let the facts be made known to the druggists here?

I remain, with great respect, your obedient servant,

L. P. BROCKETT, M. D.

[COPY OF LETTER.]

VALPARAISO, Jan. 12, 1882.

Messrs. Lord, Stoutenburgh & Co.:

GENTLEMEN—I use in my private practice your "SOLUBLE EFFERVESCING CITRATE OF MAGNESIA," which is by far the best that I have ever used. It is certainly THE APERIENT of the day, and should be in every household. I take pleasure in adding my testimony to that of others of my profession who have tested its merits, and heartily recommend its general use.

Respectfully,

(Signed) M. E. W. HAVERFIELD, M. D.

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